

Four Seasons Cookery Books

Winter

Audrey Ellis



Winter

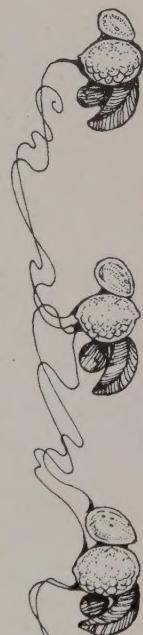
In an age when our weekly menus need hardly differ through the year, it is a rare pleasure to rediscover the delights of seasonal cookery.

Audrey Ellis, author of many best-selling cookery books has used her considerable expertise in assembling this unique collection of recipes for the winter season.

When you come to cope with the problems of daily catering for cold-weather appetites, you will find this book a beautifully illustrated treasure store of useful and unusual recipes.

Simple but delicious hot soups, casseroles, and a nicely balanced selection of puddings, planned to take only a reasonable slice of the household budget, and leave plenty in hand for party fare.

The Buying Guide explains what is best to buy, and such information as a survey of the many citrus fruits now available some in unfamiliar forms. It even tells you how to recognise an ugly fruit and an ortanique! Then follow marmalade recipes ready for the brief yearly appearance of bitter oranges in the market. There is a fascinating recipe section, crowded with colour pictures, of dishes for every winter occasion, including easy ways to make those expensive looking *petits four* at home, and a big section of freezing hints, which will help you prepare ahead for Christmas with ease. Plans for delectable menus when the holiday arrives are included, and this volume which has in its scope the season of greatest delight in the home is perhaps the favourite choice in a series which spans the full cycle of the cookery year.



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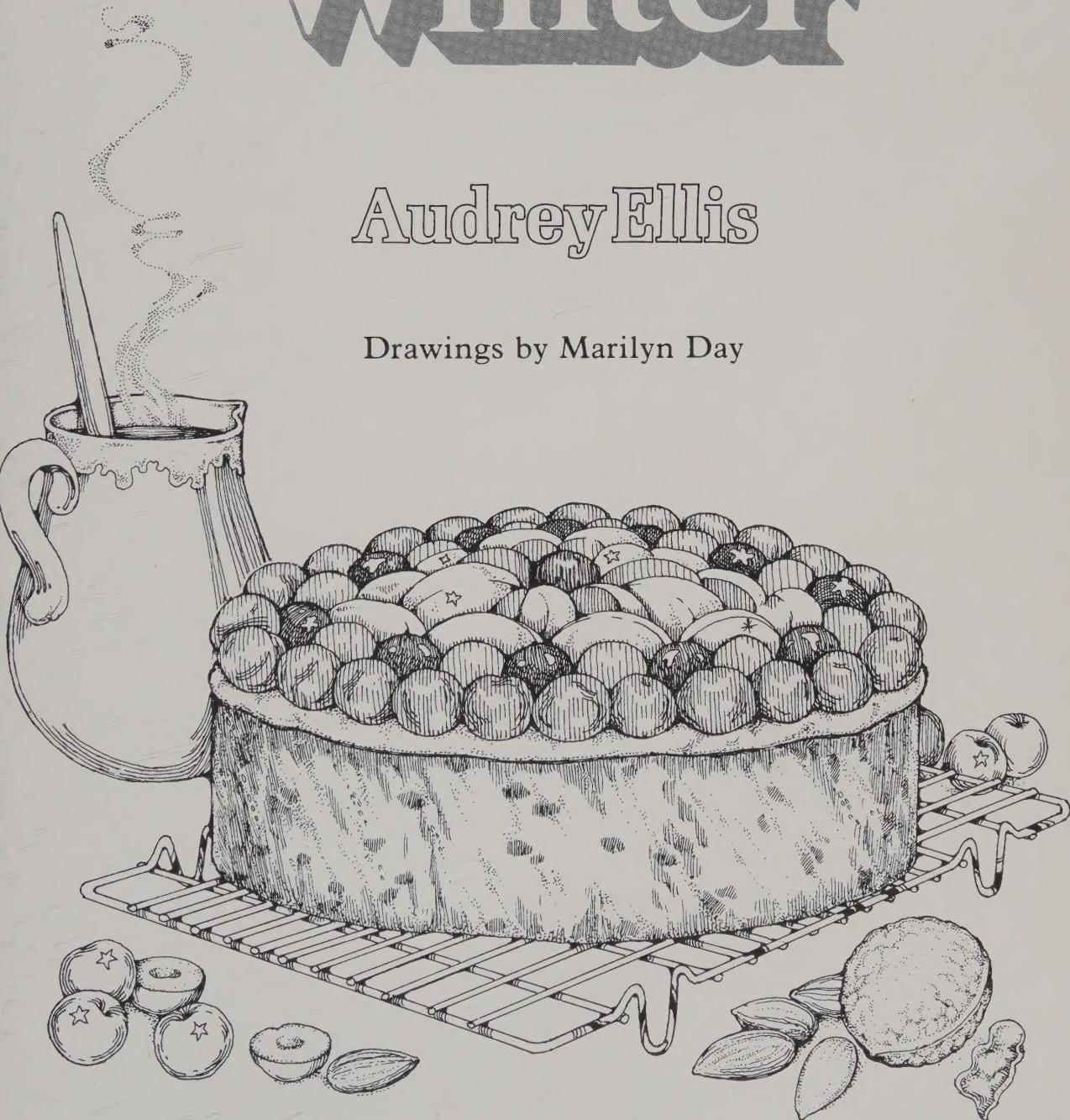
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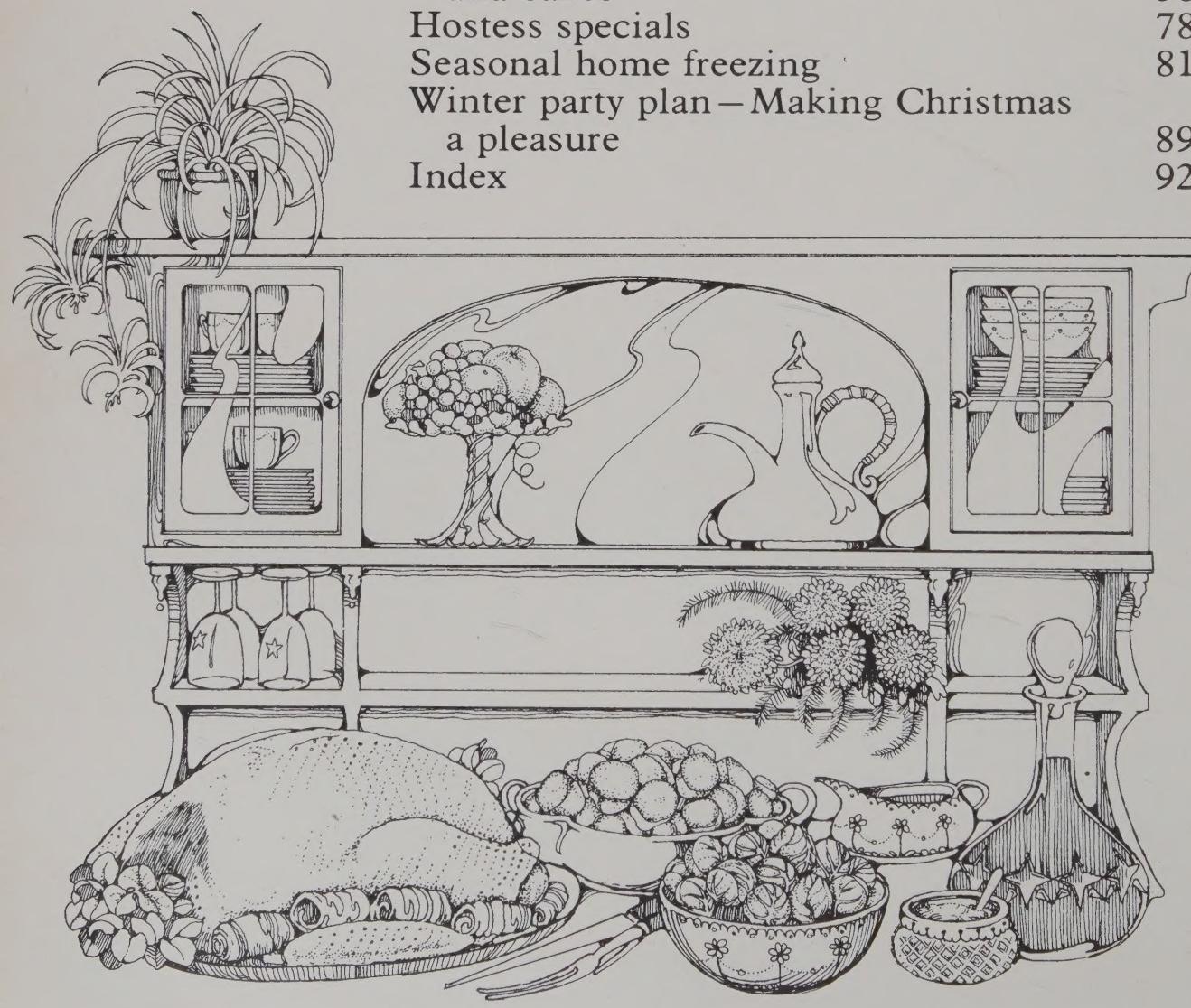
Drawings by Marilyn Day



Sampson Low

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Useful information

Metric measures: The new standard measure holds 3 dl. (300 ml.) which is just under $\frac{1}{2}$ pint.

1. Sets of metric spoons are available now in the following capacities:— 15 ml. (1 tablespoon), 10 ml., 5 ml. (1 teaspoon), 2.5 ml. The full set comprises two additional spoons, 20 ml. and 1.25 ml. but these are optional. To avoid confusion with earlier (Imperial) standard equipment and existing domestic cutlery, the term 'cup' will be replaced by 'measure' and spoons will eventually be referred to by capacity rather than tablespoon and teaspoon.

2. The new metric measuring jugs contain 1 litre, or $\frac{1}{2}$ litre. The litre jug is marked at 7.5 dl., $\frac{1}{2}$ litre/5 dl., 1.5 dl. and 1 dl.

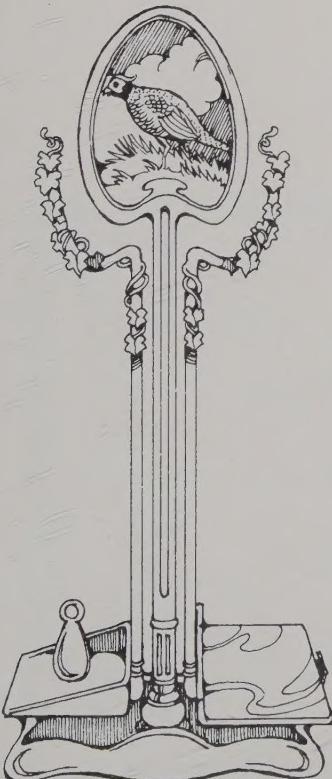
3. The metric unit of weight is the kilogram (kg.) which is 1000 g. or 2.2 lb. Where recipes give ingredients in ounces, the metric unit of 25 g. has been found practical. Spring balance scales marked in metric or dual-marked in metric and Imperial are available. The pointer shows 1 kilo/ $2\frac{1}{4}$ lbs. and indicates divisions of 500 g./18 oz., 250 g./9 oz. and 125 g./ $4\frac{1}{2}$ oz. Smaller units are marked at intervals of 25 g. Most food packs show weights in both systems, e.g. 4 oz. (113 g.) or 500 g. (1 lb. $1\frac{1}{2}$ oz.).

Oven temperature chart

	°F	°C	Gas Mark
Very cool	225	110	$\frac{1}{4}$
	250	130	$\frac{1}{2}$
Cool	275	140	1
	300	150	2
Moderate	325	170	3
	350	180	4
Moderately hot	375	190	5
	400	200	6
Hot	425	220	7
	450	230	8
Very hot	475	240	9

Checking quantities: As personal tastes in seasoning vary, quantities of salt and pepper are left to individual choice unless critical to the success of the recipe. All spoon measures are level. All recipes are to serve 4 unless otherwise indicated.

Seasonal cooking: Many of the recipes given in this book can be used in other seasons. For example there is a summer season for avocados and a winter season. Some items are constantly available frozen or canned.



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p. 75.
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Introduction

Winter days are sometimes delightfully cold and crisp. But just as often they are dark, damp and dreary, making your warm kitchen seem particularly inviting. Get out your biggest casserole dishes. These are days indeed to sample the joys of a New England boiled dinner, or spoil your guests with the wine-rich flavour of Burgundy beef. We may try to forgo hearty stews and puddings in warm weather for diet's sake, but now they make a welcome return to the table.

The season's buying guide reads almost like a page from Dickens. Oranges, pineapples, figs, dates, almonds, brazil nuts enough to overflow the fruit bowl. And the butcher is making a brave show of furred and feathered game, capons and turkeys; even Scrooge's favourite, the traditional goose. Citrus fruits are excellent too, and an orange still makes a good filler for a Christmas stocking. Some time soon, you should look out your preserving pan. Seville oranges are on their way to join lemons, limes, grapefruit and sweet oranges in the shops. January is the month for making marmalade, and, to my mind, bought marmalade cannot compare with the imprisoned sunshine in your own jars.

But Christmas comes first, and its many delights have been catered for in this book. Some can be made in advance and stored: mincemeat, plum puddings, and a minimum-effort cake which can hardly go wrong. I have suggested ways to glaze the cake if you feel no urge to ice it.

My recipes for seasonal meals are divided into groups: simple ones for everyday, and sophisticated ones for entertaining, as indicated below.

Of course, a freezer is your true friend when it comes to advance preparation. Forget the fog and ice, and have a splendid cook-in. Make big, nourishing stews in double portions—one for now and one for the freezer. Start a special Christmas basket or shelf devoted to the festivities. Make up sausage rolls, mince pies, Brandy and Cumberland butters; even turkey stuffing can be made well beforehand. In a restful moment, draw up a Christmas catering plan and use mine for inspiration. For the adventurous hostess, a pleasant surprise is in store. It is much easier than you think to make marrons glacés, expensive-looking petits fours, and glacé fruits for parties. Winter is, above all, the party season; a season when one truly cooks for pleasure, and I hope your pleasure will be increased by the new recipes and ideas you find in this book.

Sophisticated

Simple

Andrea Eller

Buying guide for the season

Storage space is probably at a premium during the Winter months for gardeners. But as you use up your harvest of apples, pears and tomatoes, you should find room for root vegetables which must be removed from the ground before the frost turns it hard as iron. Root vegetables kept in a dark place tend to sprout if the atmosphere is damp, or to shrivel up if it is too dry. For a storage time extending beyond the usual week, pack such vegetables in boxes with layers of sawdust, straw or sand—the old farmhouse way! They should be clean but, if washed, *perfectly dry*, and certainly not peeled since the skin is a natural protection.

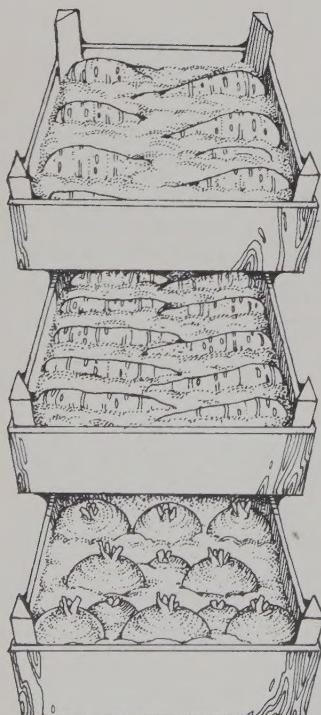
In the shops, you can choose between nicely washed imported young carrots, or the larger maincrop carrots which are inevitably coarser and less attractive. Providing the latter have no woody cores, the flavour and tenderness are just as good when cooked, and they are much cheaper. Winter turnips, swedes and parsnips are all best after a touch of frost. The only tip on buying is to avoid those with brown spots, spongy patches or holes made by the fork. Do not confuse maincrop turnips with the delicate little early ones available in Spring and early Summer.

During Winter the small pickling onions of Autumn disappear and the choice is between large mild Spanish onions—though the name now signifies *any* large mild onion—and the maincrop onions which are smaller, with skins varying from straw colour through pale golden brown to a rich bronze. Do not accept any which are soft and spongy around the neck as the centre of the bulb may be uneatable. Other members of the onion family are shallots, much favoured on the Continent for their delicate yet slightly garlicky flavour. The best ones have a well-swollen rounded bulb and narrow neck. Garlic itself comes, unlike the cluster of shallots, in a whole bulb. The skin is papery white or pale pink and the bulb is divided into small segments called ‘cloves’. Each clove must be separately peeled, and if the bulb has been properly dried and after purchase is kept in a dry, dark place, it will last until all the cloves have been used. But it is rather an expensive investment to buy a whole bulb unless you cook with garlic frequently, as the unused cloves tend to wither up eventually.

Jerusalem artichokes, for which I give some recipes, deserve to be better known and more popular, as the flavour is quite unique and delicious. Try to choose large tubers which are even in shape as there is a lot of waste when peeling small or misshapen ones.

Winter cabbages include the firm white cabbage which stores extremely well even when cut. Cover closely, especially the cut surface, with cling film, and providing all air is excluded, a half cabbage may keep for up to a fortnight. The same applies to red cabbages which, when fresh, have a delicate silvery bloom. The round drumhead type with curly leaves has a richer flavour but does not keep so well.

Salad vegetables are a problem in Winter. Celery and chicory are probably the best buys but if one has to choose between imported hot-house green lettuce and the less highly coloured though crisp and firm Webb lettuce, the latter is the best Winter buy.

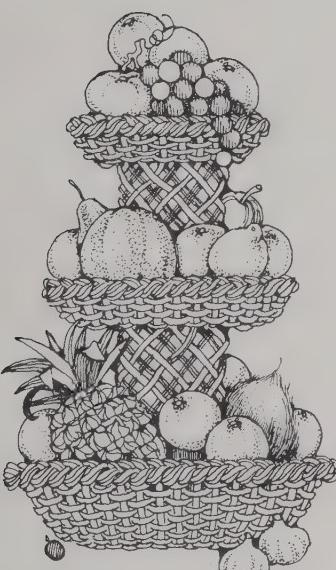


Winter—early

Fish	Meat, Poultry and Game	Vegetables	Fruit
Bass	Duck	Avocado pears	Apples
Bream	English beef	Beetroot	Chinese gooseberries
Carp	Goose	Broccoli	Clementines
Cod	Grouse	Brussels sprouts	Coconuts
Coley	Guinea fowl	Carrots	Cranberries
Dabs	Hare	Cauliflower	Dates
Dover sole	Mallard	Celeriac	Grapefruit
Dublin Bay prawns	Partridge	Celery	Grapes
Eels	Pheasant	Chicory	Lemons
Haddock	Pigeon	Drumhead cabbage	Limes
Hake	Ptarmigan	Fennel	Mandarins
Halibut	Quail	Garlic	Medlars
Herring	Rabbit	Horseradish	Melons
Lemon sole	Scotch beef	Jerusalem artichokes	Nectarines
Mackerel	Snipe	Kale	Oranges
Mussels	Teal	Leeks	Pawpaws
Native oysters	Turkey	Onions	Pears
Plaice	Venison	Parsnips	Pineapples
Portuguese oysters	Woodcock	Potatoes	Pomegranates
Rainbow trout		Red cabbage	Satsumas
Scallops		Savoy cabbage	Tangerines
Skate		Spinach	Ugli fruit
Sprats		Swedes	
Turbot		Turnips	
Whiting		White cabbage	
Witch			
	Nuts		
	Almonds		
	Brazil nuts		
	Chestnuts		
	Filberts		
	Walnuts		

Winter—late

Fish	Meat, Poultry and Game	Vegetables	Fruit
Bream	Australian lamb	Avocado pears	Apples
Carp	Duck	Beetroot	Apricots
Clams	English beef	Broccoli	Chinese gooseberries
Cod	Guinea fowl	Brussels tops	Clementines
Coley	Hare	Carrots	Dates
Dover sole	New Zealand lamb	Cauliflower	Grapefruit
Dublin Bay prawns	Pigeon	Celeriac	Grapes
Haddock	Rabbit	Celery	Lemons
Halibut	Scotch beef	Chicory	Mandarins
Herring	Turkey	Drumhead cabbage	Mangoes
Lemon sole	Venison	Endive	Melons
Mackerel	Wild duck	Fennel	Nectarines
Mussels		Jerusalem artichokes	Oranges
Native oysters		Kale	Ortaniques
Plaice		Leeks	Passion fruit
Portuguese oysters		Onions	Peaches
Rainbow trout		Parsnips	Pears
Salmon		Red cabbage	Pineapples
Scallops		Savoy cabbage	Plums
Skate		Spinach	Rhubarb (forced)
Sprats		Spring greens	Satsumas
Turbot		Swedes	Tangerines
Whiting		Turnips	
Witch		White cabbage	



Certain items such as mushrooms, bananas, chicken, etc. are omitted as they are available from various sources through the year with little variation in price.

Citrus fruit

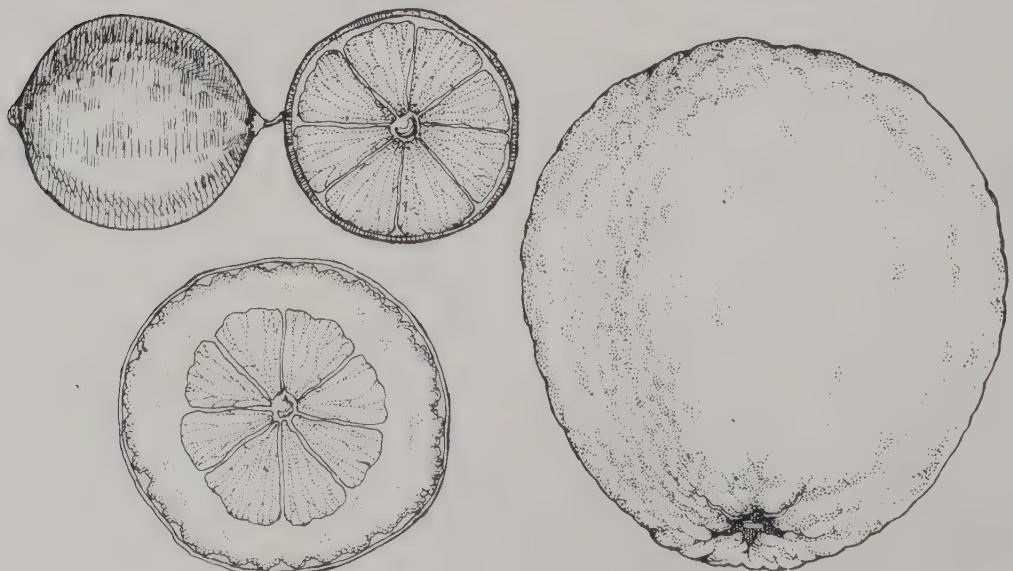
Oranges: These are hard to judge for quality by the look of the skins alone as even the best looking ones may be dry, coarse in texture and full of pips. Bitter oranges, of which the Seville is best, have numerous pips and acid flesh which makes them unsuitable for the fruit bowl but perfect for making marmalade. In winter my choice is the oval-shaped Jaffa (the best variety being the Shamouti) which has few seeds and is very juicy. In this case the coarsely grained thick skin is misleading. Navel oranges are good too. They also have few pips and very juicy flesh, with smooth thin skins. At other times of the year, the round Valencia is particularly juicy and sweet and the Malta orange—usually called ‘blood’ orange because of its colour—is very fully flavoured though more burdened with pips. Small oranges are usually cheaper, but simply because the proportion of rind and pith to flesh is higher.

Other types of orange with exotic names are winter imports. These include the mandarin, with a loose, light orange skin and many pips; the tangerine, with a loose almost red skin and many pips; the clementine, which is more like a genuine orange and has a firm skin. It is practically seedless and so is the satsuma, which has a much paler skin and flesh, the skin sometimes being tinged with green.

Lemons and limes: These can be judged for goodness by their smooth skins and heavy weight for their size. Juicy ones are usually heavy.

Grapefruit: These should be very firm. Again, fruits with a thick spongy peel weigh light in the hand and have a poor content of juice and flesh. Storage for a few days after purchase usually makes them sweet enough to be eaten without sugar. Pink grapefruit with yellow skins and pale pink flesh are particularly sweet.

Unusual fruits of the orange family are crosses between two members. The ugli fruit is a cross between a tangerine and a grapefruit, is larger than the average grapefruit with a very thick slightly greenish skin and occasionally to be seen here in midwinter. The ortanique is a cross between an orange and a tangerine, is about the size of a large flattened orange with a yellowish thin skin.

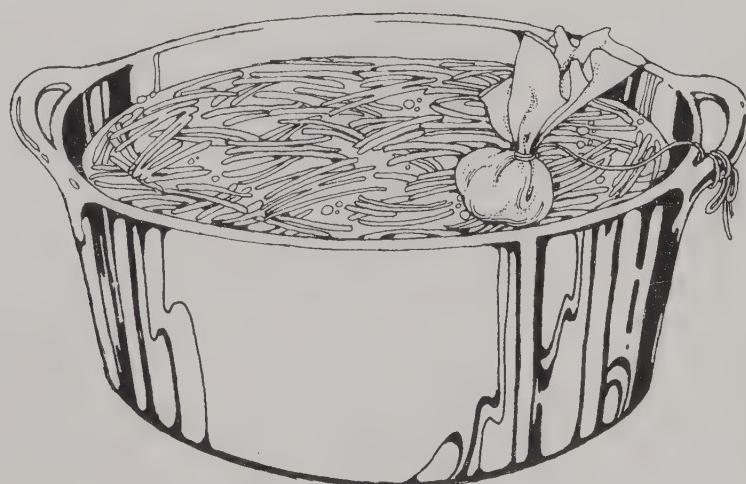




Midwinter – Time to make marmalade

Follow these simple rules for successful marmalade:

1. Choose fruit as fresh as possible. Bitter oranges give a sharp and tangy flavour and are preferable to sweet oranges if you prefer the traditional type marmalade. Any combination of citrus fruits can be used. These include lemons, oranges, grapefruit, tangerines or clementines.
2. Pectin is essential for a well-set marmalade. This is found in the pith (the white layer beneath the peel) and in the pips. The pith and the pips must be cooked with the fruit to ensure sufficient pectin for setting.
3. Sugar helps the marmalade set and keep. A general rule is to add 1 lb./450 g. preserving or granulated sugar to 1 pint/generous $\frac{1}{2}$ litre juice or pulp.
4. Test for setting after the sugar has been added. Boil the marmalade rapidly and test after 15 minutes, then every five minutes until the setting point is reached. There are three setting tests that can be used. When testing for the setting point, remove the marmalade from the heat so it does not overboil.
 - (a) Thermometer – Insert the thermometer in the boiling marmalade, making sure the bulb does not touch the bottom of the saucepan. A reading of 220°F/105°C indicates that setting point is reached.
 - (b) Cold plate test – Pour a small amount of marmalade on a cold plate and allow to cool. If a wrinkled skin forms on the surface, the setting point is reached.
 - (c) Drop test – Dip a large spoon into the marmalade. Allow the marmalade to run off the spoon. When the setting point is reached the marmalade will partially set on the spoon and drop off the edge of the spoon in one large flake.
5. Storage – Choose jars that are free from chips or cracks, wash well and dry thoroughly in a warm oven. Pour or ladle the marmalade into warm jars placed on a wooden board or newspapers to prevent cracking. Fill the jars to the top as the marmalade will shrink slightly on cooling. Cover the jars with transparent cling film and secure with an elastic band. Store the jars in a cool dry cupboard.



Marmalade

Traditional Seville orange marmalade

Imperial/Metric

3 lb./1½ kg. Seville oranges
1 sweet orange
1 lemon
6 pints/3½ litres water
6 lb./3 kg. preserving or granulated sugar

American

3 lb. Seville oranges
1 sweet orange
1 lemon
7½ pints water
12 cups sugar

Wash and halve the fruit. Squeeze the juice and scoop out the pulp and the white pith. Strain the juice into a preserving pan. Tie the pips, pulp and pith in a muslin bag. Slice the peel very thinly. Place in the preserving pan with the juice, water and muslin bag. Bring to the boil, reduce the heat and cook gently for 2 hours until the peel is soft. Remove the muslin bag and stir in the sugar. Bring to the boil and boil rapidly until the setting point is reached. Skim any foam off the marmalade and leave for 20 minutes. Then pour into warm clean jars and seal.

Makes approximately 10 lb./5 kg.

Three-fruit marmalade

Imperial/Metric

2 grapefruit
4 large sweet oranges
1 lemon
6 pints/3½ litres water
6 lb./3 kg. preserving or granulated sugar

American

2 grapefruit
4 large sweet oranges
1 lemon
7½ pints water
12 cups sugar

Wash the fruit well and place in a large pan with the water. Cover and bring to the boil. Cook over low heat for 2 hours or until the fruit pierces easily. Remove the fruit and cool sufficiently to handle. Halve and remove the pips. Simmer the pips in the cooking water for 10 minutes. Strain the liquid and return to the pan. Chop the fruit coarsely and add to the strained liquid. Bring to the boil and stir in the sugar. Boil rapidly until setting point is reached. Skim, leave for 20 minutes, then ladle into jars and seal.

Makes approximately 10 lb./5 kg.

Lemon ginger marmalade

Imperial/Metric

1 oz./25 g. root ginger
2 lb./1 kg. lemons
3 pints/3½ litres water
2 oz./50 g. stem ginger
3 lb./1½ kg. preserving or granulated sugar

American

1 oz. root ginger
2 lb. lemons
7½ cups water
2 oz. stem ginger
6 cups sugar

Bruise the root ginger with a hammer or weight. Place in a large saucepan with the lemons and water. Bring to the boil, cover and cook gently for 2 hours until the fruit is soft. Remove the fruit and cool sufficiently to handle. Halve the lemons, peel and remove pips. Simmer the pips in the cooking liquid for 10 minutes. Strain the liquid and return to the pan. Slice the lemon peel finely and chop the stem ginger. Add the peel, stem ginger and pulp to the liquid. Stir in the sugar. Bring to the boil and boil rapidly until the setting point is reached. Skim, let cool for 20 minutes, ladle into jars and seal.

Makes approximately 5 lb./2½ kg.

Tangerine and grapefruit marmalade

Imperial/Metric

1½ lb./¾ kg. tangerine
 ½ pint/3 dl. water
 2 grapefruit
 1 lemon
 4½ pints/2½ litres water
 2 teaspoons tartaric acid
 3 lb./1½ kg. preserving or granulated sugar

American

1½ lb. tangerines
 1½ cups water
 2 grapefruit
 1 lemon
 1½ cups water
 2 teaspoons tartaric acid
 6 cups sugar

Remove the peel from 3 tangerines and shred finely. Place the shredded peel in a saucepan with ½ pint/3 dl. water. Bring to the boil, cover, and cook gently for 30 minutes until the peel is soft. Set aside. Cut the grapefruits, lemon, tangerine pulp and remaining tangerines into small pieces. Place in a large saucepan with the 4½ pints/2½ litres water and the tartaric acid. Bring to the boil, cover and cook gently for 2 hours until the fruit is soft. Pour the pulp into a jelly bag and allow the juice to drip overnight. The next day, strain the juice into a large saucepan. Stir in the sugar and the reserved peel and liquid. Bring to the boil and boil rapidly until setting point is reached. Remove from the heat and skim. Cool 20 minutes, ladle into jars and seal.

Makes approximately 5 lb./2½ kg.

Orange jelly marmalade

Imperial/Metric

2 lb./1 kg. Seville oranges
 2 lemons
 5 pints/3 litres water
 3 lb./1½ kg. preserving or granulated sugar approx.

American

2 lb. Seville oranges
 2 lemons
 6½ pints water
 6 cups sugar approx.

Chop the oranges and lemons coarsely. Place in a large saucepan and cover with the water. Bring to the boil, cover and simmer for 2 hours until the fruit is tender. Pour the fruit into a muslin jelly bag and allow the juice to drip overnight into a container. Measure the juice and allow 1 lb./450 g. sugar to 1 pint/generous ½ litre juice. Stir the juice and sugar over low heat until the sugar dissolves. Then boil rapidly until setting point is reached. Skim off any foam, leave for 20 minutes, then pour into jars and seal.

Makes approximately 5 lb./2½ kg.

Lime jelly marmalade

Imperial/Metric

1 lb./450 g. fresh limes
 1 lemon
 2½ pints/1½ litres water
 2 lb./1 kg. preserving or granulated sugar

American

1 lb. fresh limes
 1 lemon
 6½ cups water
 4 cups sugar

Chop the limes and lemon coarsely. Place in a large saucepan and add the water. Bring to the boil, cover and cook gently until the fruit is soft. Pour the fruit into a jelly bag and allow the juice to drip overnight. Do not squeeze the jelly bag. The next day, add the sugar to the juice and bring to the boil. Boil rapidly until the setting point is reached. Skim off any foam, leave for 20 minutes, then pour into jars and seal.

Makes approximately 3 lb./1½ kg.

Starters

Hot soups and even small hot savouries make an acceptable first course for winter meals. Miniature soufflés are delicious if you can time them correctly. Wait until your guests arrive, fold in the egg whites and pop them in the oven while the sherry is being consumed. If the main dish is meat or game, a fish soup makes the menu reasonably substantial without the complications of serving four courses.

Winter vegetable minestrone

Imperial/Metric

1 medium carrot
1 large onion
1 small parsnip
1 small turnip
2 tablespoons oil
1 pint/generous $\frac{1}{2}$ litre beef stock
1 bay leaf
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon pepper
1 small potato
8 oz./227 g. can tomatoes
1 teaspoon dried parsley
1 oz./25 g. Vermicelli or
noodles
Parmesan cheese

American

1 medium carrot
1 large onion
1 small parsnip
1 small turnip
2 tablespoons oil
 $2\frac{1}{2}$ cups beef broth
1 bay leaf
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon pepper
1 small potato
1 cup canned tomatoes
1 teaspoon dried parsley
 $\frac{1}{4}$ cup Vermicelli noodles
Parmesan cheese

Peel and cut the carrot, onion, parsnip and turnip into narrow strips. Heat the oil in a saucepan and fry the vegetables until limp, about 5 minutes. Add the beef stock, bay leaf, salt and pepper. Simmer for 30 minutes. Peel and cut the potato into narrow strips. Add potato strips to the vegetable-stock mixture and simmer for a further 20 minutes. Stir in the tomatoes, parsley and Vermicelli. Simmer 10 minutes, pour into hot soup bowls and sprinkle with grated Parmesan cheese.

Jerusalem soup

Imperial/Metric

1 lb./ $\frac{1}{2}$ kg. Jerusalem artichokes
1 medium onion
1 oz./25 g. butter
2 tablespoons flour
8 oz./227 g. can tomatoes
1 pint/generous $\frac{1}{2}$ litre chicken stock
1 strip of orange rind
pinch ground mace
salt and pepper
2 fl. oz./50 ml. orange juice
grated orange zest

American

1 lb. Jerusalem artichokes
1 medium onion
2 tablespoons butter or margarine
2 tablespoons all-purpose flour
1 cup canned tomatoes
 $2\frac{1}{2}$ cups chicken broth
1 strip of orange rind
dash ground mace
salt and pepper
 $\frac{1}{4}$ cup orange juice
grated orange rind

Peel and slice the artichokes and onion. Sauté the sliced artichokes and onion in the butter until softened. Stir in the flour. Add the tomatoes, chicken stock, orange rind and seasonings. Cover and simmer for 15 minutes. Remove the orange rind. Liquidise the soup in a blender or sieve. Pour into a clean saucepan. Add the orange juice and reheat gently. Garnish with the grated orange zest.

Chinese style rice soup

Imperial/Metric

1 tablespoon oil
4 oz./125 g. long grain rice
3 pints/ $1\frac{1}{2}$ litres chicken stock
1 carrot
1 leek, trimmed
2 sticks celery
salt and pepper

American

1 tablespoon oil
 $\frac{1}{2}$ cup long grain rice
4 pints chicken broth
1 carrot
1 leek, trimmed
2 stalks celery
salt and pepper

Heat the oil, use to fry the rice for a few minutes, until transparent. Add the stock, bring to the boil and simmer for 30 minutes. Meanwhile finely chop the carrot, leek and celery. Add the chopped vegetables, simmer for a further 5 minutes, and adjust the seasoning. Serves 6.



Starters

Cheddar cheese soup

Imperial/Metric

3 tablespoons grated onion
3 tablespoons grated carrot
 $1\frac{1}{2}$ oz./40 g. butter
2 pts./generous 1 litre
chicken stock
 $\frac{1}{2}$ teaspoon dry mustard
 $\frac{1}{2}$ teaspoon paprika pepper
 $\frac{1}{2}$ pt./ $1\frac{1}{2}$ dl. milk
2 tablespoons cornflour
4 oz./125 g. Cheddar
cheese, grated
salt and pepper to taste
2 tablespoons chopped
parsley

American

3 tablespoons grated onion
3 tablespoons grated carrot
3 tablespoons butter
5 cups chicken broth
 $\frac{1}{2}$ teaspoon dry mustard
 $\frac{1}{2}$ teaspoon paprika pepper
 $\frac{1}{2}$ cup milk
2 tablespoons cornstarch
1 cup grated Cheddar
cheese
salt and pepper to taste
2 tablespoons chopped
parsley

Sauté the onion and carrot in the butter over low heat for 10 minutes. Add the chicken stock, mustard, and paprika, and simmer for 15 minutes. Combine the milk and cornflour. Add to the pan and cook, stirring constantly until mixture thickens. Simmer for 4 minutes. Add the cheese and stir until it is melted. Season to taste and serve garnished with parsley. Serves 6.





Artichoke and green pea soup

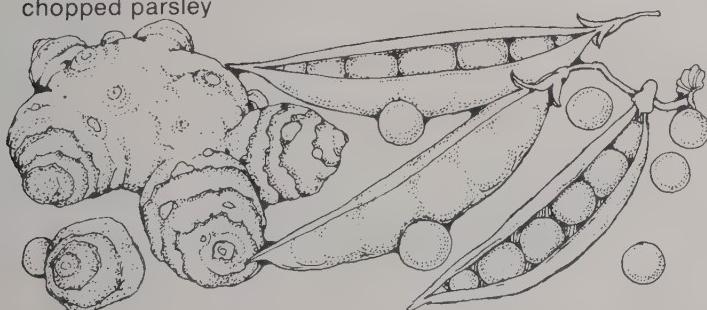
Imperial/Metric

2 lb./1 kg. Jerusalem artichokes
1 lb./450 g. potatoes
4 oz./125 g. frozen peas
1½-2 pints/scant 1 litre—
generous 1 litre chicken stock
salt and pepper
grated nutmeg
4-5 tablespoons cream
chopped parsley

American

2 lb. Jerusalem artichokes
1 lb. potatoes
1 cup frozen peas
4-5 cups chicken broth
salt and pepper
grated nutmeg
4-5 tablespoons cream
chopped parsley

Scrub the artichokes and potatoes and drop them into a large pan of boiling salted water. Bring back to the boil and simmer for 15-20 minutes, or until vegetables are tender. Cook the peas in a little boiling salted water. Drain artichokes and potatoes and peel as soon as they are cool enough to handle. Rub the artichokes, potatoes and peas through a sieve or liquidise and return to the rinsed out pan. Add chicken stock to artichoke purée gradually, stirring with a wooden spoon until desired consistency is reached, and reheat gently until soup comes to boiling point, stirring occasionally. Remove pan from heat. Season to taste with salt, pepper and nutmeg. Lightly whip the cream and swirl over the top of the soup. Garnish with parsley. Serves 6.





Saffron fish soup

Imperial/Metric

1 head fennel
3 medium onions
1 clove garlic
2 tablespoons oil
salt and pepper
1 bay leaf
 $\frac{1}{2}$ teaspoon dried thyme
 $\frac{1}{4}$ pint/ $1\frac{1}{2}$ dl. white wine
 $1\frac{1}{2}$ lbs./ $\frac{3}{4}$ kg. cod fillet
1 pint/ $\frac{1}{2}$ litre water
pinch powdered saffron
large strip orange rind

American

1 head fennel
3 medium onions
1 clove garlic
2 tablespoons oil
salt and pepper
1 bay leaf
 $\frac{1}{2}$ teaspoon dried thyme
 $\frac{1}{2}$ cup white wine
 $1\frac{1}{2}$ lb. cod fillets
 $2\frac{1}{2}$ cups water
dash powdered saffron
large strip orange rind

Trim and finely chop the fennel, onions and garlic and sauté in the oil until softened but not browned. Season with salt and pepper, and add the bay leaf, thyme and wine. Skin the fish, cut into chunks and add to the pan with the water, saffron and orange rind. Cook over gentle heat covered for 45 minutes. Remove orange rind and bay leaf and serve hot with toast.

Fennel and almond fish soup

Imperial/Metric

8 oz./225 g. plaice fillets
1 medium onion
4 peppercorns
1 tablespoon fennel seeds
2 fl. oz./50 ml. dry white wine
2 oz./50 g. blanched almonds
2 fl. oz./50 ml. soured cream
chopped fresh dill

American

$\frac{1}{2}$ lb. flounder fillets
1 medium onion
4 peppercorns
1 tablespoon fennel seeds
 $\frac{1}{2}$ cup dry white wine
 $\frac{1}{3}$ cup blanched almonds
 $\frac{1}{4}$ cup soured cream
chopped fresh dill

Remove the skin from the plaice fillets and slice the onion. Poach the fillets onion, peppercorns, fennel seeds, in the white wine and enough water to cover them. When the fish flakes easily, remove it from the poaching liquid. Place the fish and almonds in a liquidiser goblet with the strained cooking liquid. Blend until smooth. Strain to remove any fine bones. Return to a clean saucepan and reheat. Stir in the soured cream. Pour into hot soup bowls. Sprinkle generously with freshly chopped dill.

Herring potato balls with dill

Imperial/Metric

1 lb./450 g. potatoes
1 egg
1 teaspoon dill seed
salt and pepper
8 oz./225 g. cooked herring
dry breadcrumbs
oil for frying

American

1 lb. potatoes
1 egg
1 teaspoon dill seed
salt and pepper
 $\frac{1}{2}$ lb. cooked herring
dry bread crumbs
oil for frying

Cook the potatoes in boiling salted water until tender. Mash, then beat in the egg, dill seed, salt and pepper. Cut the cooked herring into 24 small pieces. Shape the mashed potatoes into small balls, pressing a piece of herring into the middle of each ball. Roll the potato balls in dry bread-crumbs. Fry in hot deep oil until lightly browned. Drain and spear on cocktail sticks. Serve hot.

Drained sardines may be substituted for the herring.



Starters

Melon cocktails

Imperial/Metric

1 small Ogen melon
8 oz./225 g. lychees
4 pieces stem ginger
2 tablespoons ginger syrup

American

1 small canteloupe melon
1 cup lychees
4 pieces stem ginger
2 tablespoons ginger syrup



Cut the melon in half, remove seeds and scoop out flesh with a melon baller. Reserve the juices. Peel the lychees and slice the stem ginger. Mix together the melon juice with the ginger syrup. Divide the fruit between four small glass dishes, pour over the syrup and decorate with the sliced ginger.



Grilled grapefruit with brown sugar

Imperial/Metric

2 pink grapefruit
4 tablespoons soft brown sugar
1 tablespoon rum

American

2 pink grapefruit
4 tablespoons light brown sugar
1 tablespoon rum

Cut the grapefruit in half and remove white pith from centres. Loosen segments if necessary. Mix the sugar with the rum, fill centres and spread partly over the surface of the cut halves. Place under a moderately hot grill for a few minutes until sugar melts and caramelises. Serve hot.

Cauliflower and bacon ramekins

Imperial/Metric

1 small cauliflower
 $\frac{1}{4}$ pint/ $1\frac{1}{2}$ dl. milk
 $\frac{3}{4}$ oz./20 g. butter
 $\frac{1}{2}$ oz./15 g. flour
 salt and pepper
 $\frac{1}{4}$ teaspoon grated nutmeg
 4 tablespoons cooked macaroni
 2 oz./50 g. streaky bacon
 2 tablespoons single cream
 2 oz./50 g. Cheddar cheese, grated

American

1 small cauliflower
 $\frac{1}{2}$ cup milk
 $1\frac{1}{2}$ tablespoons butter
 2 tablespoons all-purpose flour
 salt and pepper
 $\frac{1}{4}$ teaspoon grated nutmeg
 4 tablespoons cooked macaroni
 2 slices side bacon
 2 tablespoons coffee cream
 $\frac{1}{2}$ cup grated Cheddar cheese

Break the cauliflower into florets and cook in boiling salted water for about 10 minutes, or until just tender. Drain, and use the water to make the milk up to 8 fl. oz./225 ml. Melt the butter, stir in the flour, cook for 1 minute, add the milk liquid, salt, pepper and nutmeg and cook, stirring constantly, over a moderate heat until smooth and thick. Divide the cooked macaroni between four greased individual ovenproof casseroles. Derind the bacon, dice finely, and fry lightly. Mix the bacon bits with the cauliflower florets and place on top of the macaroni. Pour over the sauce, then a little cream and finally sprinkle with grated cheese. Place under a hot grill until the surface is crisp and golden.





Little soufflés

Imperial/Metric

2 oz./50 g. Lancashire cheese
3 oz./75 g. blue Stilton
2 oz./50 g. butter
1 oz./25 g. flour
4 eggs, separated
8 fl. oz./225 ml. milk
1 slice white bread

American

2 oz. American cheese
3 oz. blue Stilton
 $\frac{1}{4}$ cup butter
 $\frac{1}{4}$ cup all-purpose flour
4 eggs, separated
1 cup milk
1 slice white bread

Crumble the cheeses and beat together with $1\frac{1}{2}$ oz./40 g. of the butter, the flour and yolks of the eggs. Stir in the milk and finally fold in the stiffly beaten egg whites. Toast the bread lightly, spread with remaining butter, divide into four and place the pieces in the bottoms of four well buttered ramekin dishes. Divide the soufflé mixture between the dishes and cook in a moderately hot oven (375°F, 190°C, Gas Mark 5) for about 20 minutes until well risen and golden brown on top. Serve immediately.

Note: The soufflé mixture can be prepared in advance up to the stage of folding in the beaten egg whites.

Avocado starters

Imperial/Metric

2 avocado pears
1 canned red pimiento
1 large carrot
4 oz./125 g. Webb's lettuce
8 canned anchovy fillets
2 tablespoons mayonnaise

American

2 avocados
1 canned red pimiento
1 large carrot
 $\frac{1}{2}$ small Bibb lettuce
8 canned anchovy fillets
2 tablespoons mayonnaise

Cut the avocados in half and remove the stones. Slice the pimiento finely, coarsely grate the carrot and shred the lettuce. Reserve 4 anchovy fillets and 4 pieces of red pimiento for the garnish. Chop the remaining anchovy fillets roughly, toss together with the sliced pimiento, the carrot, lettuce and mayonnaise. Divide the filling between the four portions, topping each one with an anchovy fillet rolled round a piece of pimiento. If liked, serve with lettuce leaves as the stuffed avocado is rather rich.

Turkey appetiser wedges

Imperial/Metric

4 oz./125 g. cooked turkey
3 oz./85 g. cream cheese
2 oz./50 g. finely chopped almonds
2 oz./50 g. salad cream
1 teaspoon lemon juice
2 tablespoons cranberry sauce
salt and pepper
finely chopped parsley

American

$\frac{1}{2}$ cup cooked turkey
3 oz. package cream cheese
 $\frac{1}{4}$ cup finely chopped almonds
 $\frac{1}{4}$ cup salad dressing
1 teaspoon lemon juice
2 tablespoons cranberry sauce
salt and pepper
finely chopped parsley

Finely chop the cooked turkey. Thoroughly mix together the first six ingredients. Season to taste with salt and pepper. Chill for several hours. Form the turkey mixture into a ball. Flatten and roll the ball in the chopped parsley. Serve cut in wedges with assorted biscuits or crackers.

Pheasant pâté

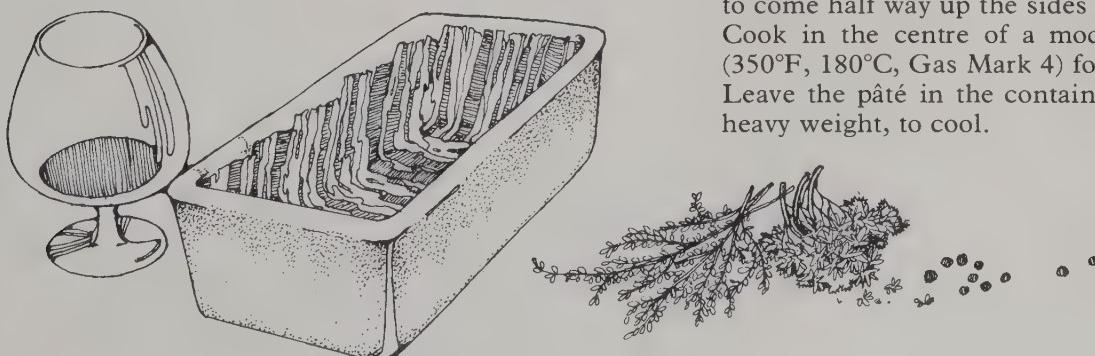
Imperial/Metric

1 oz./25 g. butter
4 oz./100 g. calves liver
1 lb./450 g. cooked pheasant
4 oz./100 g. ham
1 onion
salt and freshly ground black pepper
pinch dried thyme
1 tablespoon chopped parsley
1-2 tablespoons brandy
1 egg
6 oz./175 g. streaky bacon thinly sliced

American

2 tablespoons butter
 $\frac{1}{4}$ lb. calf liver
2 cups cooked pheasant
 $\frac{1}{4}$ lb. ham
1 onion
salt and freshly ground black pepper
dash dried thyme
1 tablespoon chopped parsley
1-2 tablespoons brandy
1 egg
9 thin side bacon slices

Heat the butter in a frying pan and quickly sauté the calves liver. Put the game, ham, onion and liver through the mincer. Add the salt, pepper, thyme, parsley, brandy and beaten egg. Blend the mixture thoroughly. Remove the rinds from the bacon and stretch the rashers with the back of a knife. Use two-thirds of them to line a $1\frac{1}{2}$ -pint/1 litre foil dish, earthenware dish or loaf tin. Pack the pâté mixture into the bacon-lined dish and place the remaining bacon over the surface. Cover securely with foil or a lid. Stand the dish in a roasting tin and pour water into the tin to come half way up the sides of the dish. Cook in the centre of a moderate oven (350°F , 180°C , Gas Mark 4) for $1\frac{1}{2}$ hours. Leave the pâté in the container, under a heavy weight, to cool.



Main dishes

On a frosty winter's day, everyone enjoys a hearty dish, piping hot. Firm white fish is in good supply, and a simple fish pie is a positive treat. English and Scotch beef is delicious, and with the turn of the year, look out for new arrivals, Australian and New Zealand lamb. Turkey is a mid-winter 'must' for Christmas, and made-up dishes for the leftovers will serve equally well for chicken.

Curried fish kedgeree

Imperial/Metric

12 oz./350 g. cod fillet
8 oz./225 g. smoked cod fillet
1 tablespoon oil
2 oz./50 g. butter
1 large onion, chopped
4 oz./125 g. long grain rice
1 tablespoon curry powder
1 teaspoon salt
5 oz./150 g. can red pimientos
3 sprigs parsley to garnish

American

$\frac{3}{4}$ lb. cod fillet
 $\frac{1}{2}$ lb. smoked cod fillet
1 tablespoon oil
 $\frac{1}{4}$ cup butter
1 large onion, chopped
generous $\frac{1}{2}$ cup long grain rice
1 tablespoon curry powder
1 teaspoon salt
5 oz. can pimientos
3 sprigs parsley to garnish

Poach the white and smoked fish in gently boiling water until just tender. Drain, and flake. Heat the oil and butter and use to sauté the onion until pale golden, stir in the rice, curry powder and salt and cook, stirring, for 2 minutes. Add $\frac{1}{2}$ pint/3 dl./ $1\frac{1}{4}$ cups boiling water, cover and cook until all the water is absorbed. Chop the pimiento, reserving the liquor. Add this to the rice mixture if it becomes too dry. Stir the pimiento into it with the flaked fish and heat through. Transfer to a warm serving dish and garnish with parsley.



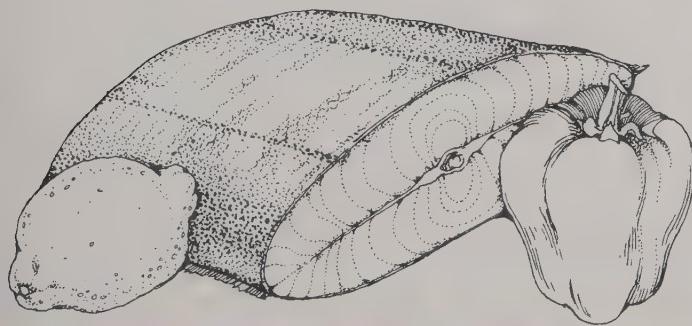
Halibut with carnival topping

Imperial/Metric

1 tablespoon lemon juice
3 small halibut steaks
salt and pepper
1 medium onion
1 large tomato
2 tablespoons oil
2 tablespoons chopped green pepper

American

1 tablespoon lemon juice
3 small halibut steaks
salt and pepper
1 medium onion
1 large tomato
2 tablespoons oil
2 tablespoons chopped green pepper



Mix the lemon juice with just sufficient water to make a poaching stock for the halibut steaks. Season fish lightly with salt and pepper, place in a shallow oven-proof dish, pour the stock round and cover with foil. Place in a moderate oven (350°F, 180°C, Gas Mark 4) for about 15 minutes, or until fish parts easily from the bone when tested with a fork. Meanwhile finely chop the onion and peel and remove seeds from the tomato. Cook the onion in the oil until just limp but not coloured. Add the green pepper, cook for a further 3 minutes then add the chopped tomato flesh. Cook, stirring gently, until well blended and heated through. Drain off stock from fish if necessary using absorbent kitchen paper. Spoon the carnival topping over the fish and serve hot. Serves 3.



Main Dishes

Fish pie with swede purée

Imperial/Metric

1 lb./450 g. cooked potato
salt and pepper
little milk
1 lb./450 g. cod fillet
4 oz./125 g. frozen peas
cheese sauce:
1 pint/generous $\frac{1}{2}$ litre milk
1 oz./25 g. butter
 $\frac{3}{4}$ oz./20 g. flour
4 oz./125 g. Cheddar
cheese, grated
swede purée:
1 large or 2 medium swedes
1 oz./25 g. butter
 $\frac{1}{2}$ teaspoon grated nutmeg
salt and pepper
1 tablespoon chopped
parsley

American

1 lb. cooked potato
salt and pepper
little milk
1 lb. cod fillet
1 cup frozen peas
cheese sauce:
2 $\frac{1}{2}$ cups milk
2 tablespoons butter
3 tablespoons all-purpose
flour
1 cup grated Cheddar
cheese
rutabaga purée:
1 large or 2 medium
rutabagas
2 tablespoons butter
 $\frac{1}{2}$ teaspoon grated nutmeg
salt and pepper
1 tablespoon chopped
parsley

Mash the potato in the saucepan in which it was cooked, with seasoning to taste and sufficient milk to give a firm piping consistency. Keep hot. Poach the fish in the milk for the sauce and add seasoning to taste. Remove fish and flake roughly. To make the sauce, melt the butter in a saucepan and stir in the flour. Cook for 1 minute, stirring. Gradually add the strained milk from cooking the fish and bring to the boil, stirring constantly, until the sauce is smooth and thickened. Add the peas and grated cheese and reheat until bubbling. Lightly fold in the flaked fish and pour the mixture into a warm ovenproof glass dish. Place the warm potato in a piping bag fitted with a large star nozzle. Pipe large potato rosettes on the fish mixture to come well above the edge of the dish. Place under a moderately hot grill for a few minutes until the surface turns golden brown. Meanwhile, peel, chop and cook the swede until tender in boiling salted water. Drain well and mash with half the butter, the nutmeg, salt and pepper to taste. Turn purée into a warm serving dish, place the remaining butter in the centre and sprinkle with parsley. Serve with the hot fish pie.



Scallop mélange au gratin

Imperial/Metric

4 large scallops
 $\frac{1}{2}$ pint/3 dl. water
 $\frac{1}{4}$ pint/ $1\frac{1}{2}$ dl. dry white wine
 slice of onion
 1 bay leaf
 $\frac{1}{2}$ teaspoon salt
 2 peppercorns
 1 medium carrot, peeled
 1 stick celery
 4 large Brussels sprouts
 2 tablespoons butter
 salt and pepper
 sauce:
 1 tablespoon butter
 1 tablespoon flour
 $\frac{1}{2}$ pint/ $1\frac{1}{2}$ dl. milk
 1 oz./25 g. Cheddar cheese, grated
 salt and pepper
 paprika pepper

American

4 large scallops
 $1\frac{1}{4}$ cups water
 $\frac{1}{2}$ cup dry white wine
 slice of onion
 1 bay leaf
 $\frac{1}{2}$ teaspoon salt
 2 peppercorns
 1 medium carrot, peeled
 1 stalk celery
 4 large Brussels sprouts
 2 tablespoons butter or margarine
 salt and pepper
 sauce:
 1 tablespoon butter
 1 tablespoon all-purpose flour
 $\frac{2}{3}$ cup milk
 $\frac{1}{4}$ cup grated Cheddar cheese
 salt and pepper
 paprika pepper

Clean the scallops. Combine the water, white wine, onion, bay leaf, salt and peppercorns, in a small saucepan. Add the scallops, bring to the boil and simmer for 5 minutes. Finely dice the carrot and celery. Wash and slice the Brussels sprouts. Sauté the vegetables in the butter until soft. Season with salt and pepper. Place a small amount of the vegetables in individual ovenproof dishes or scallop shells. Drain and slice the scallops. Arrange on top of the vegetables. Make a cheese sauce by melting the butter in a small saucepan. Stir in the flour, gradually add the milk and cook until thickened, stirring constantly. Add the grated cheese. Season to taste with salt and pepper. Pour over the scallop and vegetable mixture. Dust generously with paprika and brown under a hot grill.

Spanish-style fish

Imperial/Metric

1 medium onion
 1 clove garlic
 4 tomatoes
 1 tablespoon olive oil
 1 oz./25 g. chopped walnuts
 2 teaspoons grated orange zest
 2 tablespoons orange juice
 $4\text{ fl. oz.}/125\text{ ml.}$ dry white wine
 4 portions cod, haddock or turbot
 salt and pepper
 orange slices to garnish

American

1 medium onion
 1 clove garlic
 4 tomatoes
 1 tablespoon olive oil
 $\frac{1}{4}$ cup chopped walnuts
 2 teaspoons grated orange rind
 2 tablespoons orange juice
 $\frac{1}{2}$ cup dry white wine
 4 portions white-fleshed fish
 salt and pepper
 orange slices to garnish

Chop the onion and crush the garlic. Skin, deseed and chop the tomatoes. Fry the onion and garlic in the olive oil until soft. Stir in the chopped tomato, walnuts, orange zest and juice and the white wine. Bring to simmering point, then add the fish portions. Simmer gently until tender. Arrange the cooked fish on a warm serving platter. Season the sauce with salt and pepper and pour over the fish. Garnish with orange slices.

Fillet of sole with mustard sauce

Imperial/Metric

8 sole fillets
 2 tablespoons mild continental mustard
 salt and pepper
 $\frac{1}{4}$ pint/ $1\frac{1}{2}$ dl. water
 $\frac{1}{4}$ pint/ $1\frac{1}{2}$ dl. dry white wine
 1 tablespoon chopped parsley or
 1 teaspoon dried parsley
 $\frac{1}{2}$ oz./15 g. butter
 $\frac{1}{4}$ pint/ $1\frac{1}{2}$ dl. double cream
 salt and pepper

American

8 sole fillets
 2 tablespoons mild mustard
 salt and pepper
 $\frac{1}{2}$ cup water
 $\frac{1}{2}$ cup dry white wine
 1 tablespoon chopped parsley or
 1 teaspoon dried parsley
 1 tablespoon butter
 $\frac{1}{2}$ cup whipping cream
 salt and pepper

Spread a little of the mustard on one side of the skinned and boned sole fillets. Season with salt and pepper, then roll up each fillet with the mustard on the inside. Stand the rolls upright in a buttered baking dish. Pour the water and wine around the fillets: sprinkle with the parsley and dot with butter. Bake in a moderate oven (350°F, 180°C, Gas Mark 4) for 20 minutes. Arrange the fillets on a warm serving platter. Reduce the cooking liquid to half by fast boiling, then stir in the remaining mustard and the cream. Season to taste with salt and pepper. Pour the mustard sauce over the fillet rolls.



Colonial goose

Imperial/Metric

4½ lb./2¼ kg. leg lamb
4 oz./125 g. dried apricots
4 oz./125 g. fresh white
breadcrumbs
1 oz./25 g. butter
1 tablespoon clear honey
2 oz./50 g. grated onion
 $\frac{1}{4}$ teaspoon dried thyme
 $\frac{1}{4}$ teaspoon salt
pinch freshly ground black
pepper
1 egg

American

4½ lb. leg lamb
scant $\frac{3}{4}$ cup dried apricots
2 cups fresh white bread
crumbs
2 tablespoons butter
1 tablespoon clear honey
 $\frac{1}{4}$ cup minced onion
 $\frac{1}{4}$ teaspoon dried thyme
 $\frac{1}{4}$ teaspoon salt
dash freshly ground black
pepper
1 egg

Lay the meat, fat side down, on a wooden board. With a small, sharp pointed knife, work the meat away from the bone, from the top of the leg down to the first joint. Now, cut along the line of the bone from the opposite end of the leg. Work the flesh away from the bone, being careful not to puncture the skin in any other place. Sever the bone from all the flesh and ligaments and draw out the bone. With a pair of scissors, snip the apricots in two. Place the breadcrumbs in a basin and stir in the apricots. Turn butter into a small saucepan and add honey. Stir over low heat until melted then stir in the onion. Add to the breadcrumb mixture, with the herbs and seasoning. Whisk the egg lightly, pour into stuffing ingredients and beat until well blended. Stuff the leg and weigh it. Roast in a moderate oven, (350°F, 180°C, Gas Mark 4) for 2½-2½ hours. Serves 8.



Minced meat rolls with Palma salad

Imperial/Metric

2 large mild onions
6 oz./150 g. cooked long grain rice
8 oz./250 g. minced beef
1 tablespoon capers
salt and pepper
1 teaspoon made mustard
 $\frac{1}{2}$ teaspoon grated lemon zest
1 egg, beaten
3 tablespoons corn oil
2 medium tomatoes
1 teaspoon wine vinegar
paprika pepper
celery salt

American

2 large mild onions
 $1\frac{1}{2}$ cups cooked long grain rice
 $\frac{1}{2}$ lb. ground beef
1 tablespoon capers
salt and pepper
1 teaspoon prepared mustard
 $\frac{1}{2}$ teaspoon grated lemon rind
1 egg, beaten
3 tablespoons corn oil
2 medium tomatoes
1 teaspoon wine vinegar
paprika pepper
celery salt

Chop one of the onions finely and mix with the rice and minced beef, then blend in the capers, seasonings, mustard and lemon zest. Bind the mixture with beaten egg and form into long rolls with floured hands. Fry the rolls in 2 tablespoons of the oil until crisp and browned on all sides. Meanwhile slice the tomatoes and remaining onion finely, season with salt. Mix together the remaining oil and the vinegar with the paprika pepper and celery salt. Pour over the tomatoes. Toss with the onion rings. Serve the salad with the hot meat rolls.

Main Dishes

Boiled dinner New England style

Imperial/Metric

1 lb./450 g. piece brisket
of beef
3½ lb./1¾ kg. roasting
chicken
1 chicken stock cube
1 beef stock cube
½ teaspoon dried mixed
herbs
¼ teaspoon ground mixed
spices
1 lb./450 g. carrots

American

1 lb. boneless beef
brisket
3½ lb. roasting chicken
1 chicken bouillon cube
1 beef bouillon cube
½ teaspoon dried mixed
herbs
¼ teaspoon ground mixed
spice
1 lb. carrots

Put the trimmed beef with the chicken in a deep oval casserole with the stock cubes, herbs and spices. Cover with water to half the depth of the chicken, cover and simmer for 30 minutes. Quarter the carrots and cabbage and cut the swede into chunks. Add the carrots, onions and swede to the casserole, cover and cook for 40 minutes. Add the cabbage and cook for a further 20 minutes. Adjust seasoning. Serves 6.





Golden potato-topped pie with onions

Imperial/Metric

2 beef stock cubes
1 lb./450 g. minced cooked or raw lamb or beef
3 tablespoons corn oil
8 oz./225 g. finely chopped swede
1 teaspoon mixed sweet herbs
1 tablespoon tomato purée
2 teaspoons brown sugar
1 tablespoon flour
salt and pepper
1 lb./450 g. potatoes, diced
 $\frac{1}{2}$ pint/1½ dl. milk
1 egg
4 medium onions

American

2 beef bouillon cubes
1 lb. ground cooked or raw lamb or beef
3 tablespoons corn oil
1½ cups finely chopped rutabaga
1 teaspoon mixed sweet herbs
1 tablespoon tomato paste
2 teaspoons brown sugar
1 tablespoon flour
salt and pepper
2 cups diced potato
 $\frac{3}{4}$ cup milk
1 egg
4 medium onions

Dissolve the stock cubes in 1 pint/ $\frac{1}{2}$ litre/ $2\frac{1}{2}$ cups boiling water. Sauté the meat in 2 tablespoons hot oil, stirring frequently, for 2 minutes. Add the swede, herbs, tomato purée, sugar, and finally the flour. Pour in half the stock and stir until thick over moderate heat. Taste and adjust seasoning. Cook the potatoes in boiling salted water, drain, mash with the milk, season well and beat in the egg. At the same time parboil the onions in the remaining stock. Turn the meat mixture into a greased ovenproof dish, spread the mashed potato on top and fork up the surface. Arrange the onions in a small baking dish, mix the remaining corn oil with the rest of the stock and pour over them. Place both dishes in a hot oven (425°F, 220°C, Gas Mark 7) for 20 minutes, until golden.



★ Stuffed cabbage rolls

Imperial/Metric

4 large leaves Savoy cabbage
 1½ oz./40 g. butter
 8 oz./225 g. minced beef
 1 small onion, chopped
 salt and pepper
 6 oz./175 g. fresh white breadcrumbs
 good pinch grated nutmeg
 ½ teaspoon dried marjoram
 1 oz./25 g. grated Parmesan cheese
 1 egg
 2 tablespoons oil
 1 beef stock cube
 ½ pint/3 dl. water
 8 oz./225 g. mashed potato

American

4 large leaves Savoy cabbage
 3 tablespoons butter
 ½ lb. ground beef
 1 small onion, chopped
 salt and pepper
 2 cups fresh white bread crumbs
 good dash grated nutmeg
 ½ teaspoon dried marjoram
 ¼ cup grated Parmesan cheese
 1 egg
 2 tablespoons oil
 1 beef bouillon cube
 1½ cups water
 2 cups mashed potato

Trim the hard stems from the base of the cabbage leaves and blanch in boiling salted water for about 10 minutes, or until tender. Melt ½ oz./15 g. of the butter and use to sauté the beef and onion until lightly browned. Season with salt and pepper. Combine with the breadcrumbs, nutmeg, marjoram, Parmesan and the lightly beaten egg. Divide the stuffing between the cabbage leaves and roll each up into a parcel. Tie a piece of thread round the centre of each parcel, following the spine of the leaf. Brown the rolls on all sides in the remaining butter and the oil in a shallow flameproof dish. Dissolve the stock cube in the water, pour over, and braise, covered, for 45 minutes, over low heat. Remove the thread, place the rolls on a serving dish, reduce remaining stock to a few spoonfuls and pour over the rolls. Serve garnished with piped rosettes of mashed potato.



Royal liver casserole

Imperial/Metric

1 lb./450 g. ox liver
1 oz./25 g. plain flour
oil for frying
1 large onion
1 large green pepper
salt and pepper
1 tablespoon tomato purée
1 can Royal Game Soup

American

1 lb. beef liver
 $\frac{1}{4}$ cup all-purpose flour
oil for frying
1 large onion
1 large green pepper
salt and pepper
1 tablespoon tomato paste
1 can Royal Game Soup

Slice the liver and coat with plain flour. Brown on both sides in a little hot oil and put on one side. Slice the onion and deseed and slice the green pepper. Fry these gently until soft and season well with salt and pepper. Place liver and vegetables in an ovenproof casserole. Blend tomato purée with the soup and pour over. Cover and bake in a moderate oven (350°F, 180°C, Gas Mark 4) for 1½-2 hours until the liver is tender. Alternatively, simmer gently on top of the cooker for 1¼ hours. Serve with fluffy boiled rice.

Burgundy beef

Imperial/Metric

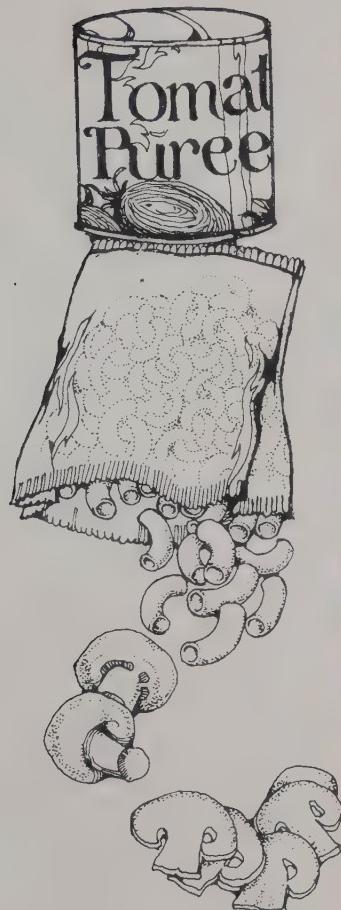
1½ lb./¾ kg. braising steak
 1 tablespoon olive oil
 1 oz./25 g. butter
 1 medium onion
 1 clove garlic
 1 oz./25 g. plain flour
 1 beef stock cube
 ½ pint/3 dl. boiling water
 1 tablespoon soft brown sugar
 8 oz./227 g. can tomatoes
 1 teaspoon tomato purée
 ½ pint/3 dl. full bodied red wine
 4 oz./125 g. mushrooms, sliced
 salt and pepper.

American

1½ lb. round steak
 1 tablespoon olive oil
 2 tablespoons butter
 1 medium onion
 1 clove garlic
 ½ cup all-purpose flour
 1 beef bouillon cube
 1¼ cups boiling water
 1 tablespoon light brown sugar
 1 cup canned tomatoes
 1 teaspoon tomato paste
 1½ cups full bodied red wine
 1 cup sliced mushrooms
 salt and pepper

Remove any excess fat from the steak and cut it into 2 inch/5 cm. squares. Heat the oil and butter in a large saucepan and use to fry the meat until browned. Remove meat from the pan and add the finely chopped onion and garlic. Cook until beginning to brown. Add the flour and cook for about 1 minute. Gradually add the stock cube dissolved in the water and bring to the boil, stirring constantly. Add the sugar, tomatoes, tomato purée and the wine. Return the meat to the saucepan and bring to the boil again, stirring. Cover and simmer for 1 hour. Add the mushrooms and seasoning to taste and simmer for a further 15 minutes, or until the meat is tender.





Pasta with pork stroganoff

Imperial/Metric

1½ lb./575 g. pork fillet
2 oz./50 g. butter
4 oz./125 g. mushrooms,
sliced
4 oz./125 g. onions, chopped
1 tablespoon flour
2½ oz./65 g. can tomato
purée
1 teaspoon sugar
salt and pepper
½ pint/1½ dl. soured cream
8 oz./225 g. elbow macaroni
1 tablespoon oil
bay leaf or chopped
parsley to garnish

American

1½ lb. pork tenderloin
¼ cup butter
1 cup sliced
mushrooms
¾ cup chopped onion
1 tablespoon flour
5 tablespoons tomato
paste
1 teaspoon sugar

Trim the pork fillet and cut into slices about ½ inch/1 cm. thick. Fry quickly in the butter until browned, then remove from the pan. Fry the mushrooms and onions until just turning colour then remove from heat and add the flour and tomato purée. Cook gently, stirring, and season with the sugar, salt and pepper. Blend in the soured cream and add the meat. If necessary, add a little stock or water so that the meat is covered. Simmer gently for 10 minutes or until the meat is tender.

Meanwhile boil the macaroni in 4 pints/2 litres of well-salted water for 14 minutes or until just cooked. Drain well and toss with the oil. Arrange the macaroni in a border round a hot serving dish, spoon the meat into the centre, and garnish with bay leaves or chopped parsley.

Main Dishes

Honeyed spare ribs

Imperial/Metric

3 lbs./1½ kg. pork spare ribs
salt
4 tablespoons clear honey
2 tablespoons soy sauce
1 tablespoon lemon juice
½ teaspoon ground ginger
8 oz./225 g. can pineapple chunks
4 tablespoons vinegar
1 small sweet red pepper
1 onion

American

3 lbs. pork spare ribs
salt
5 tablespoons clear honey
2 tablespoons soy sauce
1 tablespoon lemon juice
½ teaspoon ground ginger
8 oz. can pineapple chunks
5 tablespoons vinegar
1 small sweet red pepper
1 onion

Cut the pork into separate ribs and place in a large roasting tin. Sprinkle with salt and cook in a moderately hot oven (375°F, 190°C, Gas Mark 5) for 45 minutes, pouring off the fat as it collects. At the same time, gently melt the honey in a small saucepan together with the soy sauce, lemon juice and ginger. Lower oven heat to moderate (325°F, 170°C, Gas Mark 3), pour half the honey mixture evenly over the ribs and continue cooking for another 30 minutes, or until the ribs are well browned.

Meanwhile drain the pineapple and add pineapple syrup and vinegar to the rest of the honey mixture. Deseed the red pepper and cut into chunks. Cut the onion into strips. Poach the pepper and onion in the honey mixture for 8 minutes, add the pineapple and cook for a further 2 minutes. Place spare ribs and sauce in a hot serving dish.

Tripe Italienne

Imperial/Metric

1 lb./450 g. tripe
½ pint/1½ dl. milk
⅓ pint/4 dl. water
2 teaspoons salt
1 large onion
2 tablespoons cooking oil
2 tablespoons tomato purée
½ pint/1½ dl. dry white wine
½ pint/3 dl. water
1 bay leaf
pinch dried oregano
pinch grated nutmeg
¼ teaspoon garlic salt
¼ teaspoon freshly ground black pepper
few drops Worcestershire sauce
4 oz./125 g. frozen green peas

American

1 lb. tripe
½ cup milk
⅓ cups water
2 teaspoons salt
1 large onion
2 tablespoons cooking oil
2 tablespoons tomato paste
½ cup dry white wine
⅓ cups water
1 bay leaf
dash dried oregano
dash grated nutmeg
¼ teaspoon garlic salt
¼ teaspoon freshly ground black pepper
few drops Worcestershire sauce
½ lb. frozen green peas

Simmer the tripe in the milk, water and salt for 1 hour. Drain and discard the cooking liquid. Cut the tripe into narrow strips. Slice the onion and fry in the oil until limp, but not browned. Add the cooked tripe, tomato purée, wine, water, bay leaf, oregano and seasonings. Simmer for 1 hour, adding more water during cooking if necessary. Stir in the green peas and simmer for a few minutes longer until the peas are cooked. Serve over steamed rice or noodles.







Chicken curry Veronique

Imperial/Metric

2 medium onions
4 chicken portions
2 oz./50 g. butter
1 tablespoon oil
2 tablespoons curry powder
 $\frac{3}{4}$ pint/4 dl. chicken stock
2 carrots, grated
2 tablespoons flour
 $5\frac{1}{2}$ fl. oz./156 ml. evaporated milk
8 oz./225 g. green grapes, halved and de-seeded

American

2 medium onions
4 chicken portions
 $\frac{1}{4}$ cup butter
1 tablespoon oil
2 tablespoons curry powder
2 cups chicken broth
2 carrots, grated
2 tablespoons all-purpose flour
 $\frac{2}{3}$ cup evaporated milk
 $\frac{1}{2}$ lb. green grapes, halved and de-seeded

Finely chop the onions and fry gently with the chicken in the butter and oil until golden brown. Add the curry powder and cook for 10-15 minutes, stirring occasionally, until the chicken pieces are brown on all sides. Gradually add the stock, stirring constantly. Bring to the boil and add the carrot. Cover and simmer for 1 hour, stirring occasionally. Remove the curry from heat; whisk the flour into the evaporated milk made up to $\frac{1}{2}$ pint/3 dl. with cold water and stir quickly into the curry. Add the grapes, return to the heat and bring back to the boil. Simmer for a further 10 minutes. Serve with fluffy boiled rice.

Roast goose with apple and raisin stuffing

Imperial/Metric

8-10 lb./4-5 kg. goose
 4 oz./125 g. seedless raisins
 1 medium onion
 6 medium cooking apples
 $\frac{1}{2}$ oz./40 g. butter
 5 oz./150 g. soft white breadcrumbs
 2 oz./50 g. chopped hazelnuts, walnuts or almonds
 3 tablespoons chopped parsley
 1 teaspoon dried marjoram salt and pepper
 finely grated zest of $\frac{1}{2}$ lemon
 $\frac{1}{2}$ teaspoon ground mixed spices
 2 tablespoons clear honey
 2 tablespoons water
 parsley sprigs to garnish

American

8-10 lb. goose
 $\frac{3}{4}$ cup seedless raisins
 1 medium onion
 6 medium baking apples
 3 tablespoons butter
 $\frac{1}{3}$ cups soft white bread crumbs
 $\frac{1}{2}$ cup chopped hazelnuts, walnuts or almonds
 3 tablespoons chopped parsley
 1 teaspoon dried marjoram salt and pepper
 finely grated rind of $\frac{1}{2}$ lemon
 $\frac{1}{2}$ teaspoon ground mixed spice
 2 tablespoons clear honey
 2 tablespoons water
 parsley sprigs to garnish



Strasbourg style goose

Imperial Metric

1 young goose (8 lb./4 kg.)
 2 large onions
 3 cooking apples
 4 tablespoons soft brown sugar
 3 teaspoons caraway seeds
 salt and black pepper
 2 lb./1 kg. sauerkraut
 6 tablespoons beer

American

1 young goose (8 lb.)
 2 large onions
 3 baking apples
 4 tablespoons light brown sugar
 3 teaspoons caraway seeds
 salt and black pepper
 2 lb. sauerkraut
 6 tablespoons beer

Wash the goose and dry thoroughly with kitchen paper. Pour $\frac{1}{2}$ pint/3 dl. boiling water over the raisins and leave them for 20 minutes until plump and then drain. Finely chop the onion and peel, core and coarsely grate 3 of the apples. Heat the butter in a large heavy pan and cook the chopped onion over low heat until soft. Dice the goose liver and add to the onions with the raisins and grated apple. Cook for 2-3 minutes, stirring all the time until the liver is light brown. Turn into a mixing bowl and add the breadcrumbs, nuts, chopped parsley and marjoram. Mix well together and season with salt and pepper. Stuff the goose with the apple and raisin stuffing and secure with skewers. Truss the bird securely. Place the goose breast side up on a rack set in a large shallow roasting tin and roast in a moderate oven (325°F, 170°C, Gas Mark 3) for 3-3½ hours, or allow 20 minutes per lb./450 g. Pour away the fat as it collects and turn the goose halfway through cooking. Core and thickly slice the remaining apples and place in an ovenproof dish. Sprinkle with the lemon zest and mixed spices. Spoon over the honey and water. Cover the dish and place in the oven with the goose 45 minutes before the end of the cooking time. Remove the goose when ready to a heated serving dish, remove the string and skewers and garnish with the apple slices and parsley.

Cook the goose giblets in sufficient salted water to cover until tender. Strain off stock and reserve. Chop the onions. Peel, core and dice the apples. Cook the onion and apple for 3 minutes in the stock, add the diced liver, brown sugar, caraway seeds, pepper and sauerkraut. Season the carcass with salt and pepper, stuff with the sauerkraut mixture. Prick the goose lightly with a fork, place on a trivet in a roasting pan. Put in a moderately hot oven (400°F, 200°C, Gas Mark 6) and roast for about 2½ hours. (Allow 20 minutes per pound plus 20 minutes over.) Baste occasionally with the beer and remove excess fat from roasting pan. Serves 6-8.

Main Dishes

Creamed turkey duchesse

Imperial/Metric

6 ozs./175 g. button mushrooms
1 green pepper
 $\frac{1}{4}$ pint/ $1\frac{1}{2}$ dl. chicken stock
 $\frac{3}{4}$ pint/4 dl. Béchamel sauce
4 tablespoons double cream
1 egg yolk
salt and pepper
 $1\frac{1}{2}$ teaspoons Tabasco
 $1\frac{1}{2}$ lb./ $\frac{3}{4}$ kg. mashed potato
2 eggs
little milk
12 ozs./350 g. cooked turkey
parsley to garnish

American

$1\frac{1}{2}$ cups button mushrooms
1 green pepper
generous $\frac{1}{2}$ cup chicken broth
scant 2 cups white sauce
4 tablespoons whipping cream
1 egg yolk
salt and pepper
 $1\frac{1}{2}$ teaspoons Tabasco
6 cups mashed potato
2 eggs
little milk
 $\frac{3}{4}$ lb. cooked turkey
parsley to garnish

Remove stalk ends from the mushrooms and keep to one side. Deseed the pepper and cut into chunks. Simmer the mushrooms and green pepper in a little chicken stock, until just tender, then drain and reserve liquid. Add the mushroom stalks to the chicken stock and reduce rapidly, to give approximately 2 tablespoons mushroom essence. Strain this into the sauce, together with the cream and one egg yolk. Beat well and season to taste with salt, pepper and Tabasco. Heat the sauce through for 2-3 minutes, but do not allow to boil. Beat the potato until smooth and add one egg and a little milk. Fork the duchesse potato into a decorative border around the edge of an ovenproof dish, and place in a moderately hot oven (400°F, 200°C, Gas Mark 6) for 8 minutes. Beat the remaining egg and use to glaze the potato lightly. Return to the oven until golden brown. Cut the turkey into small pieces and fold into the sauce with the vegetables. Heat through together. Pile turkey mixture into the potato ring and garnish with parsley. Serves 5-6.



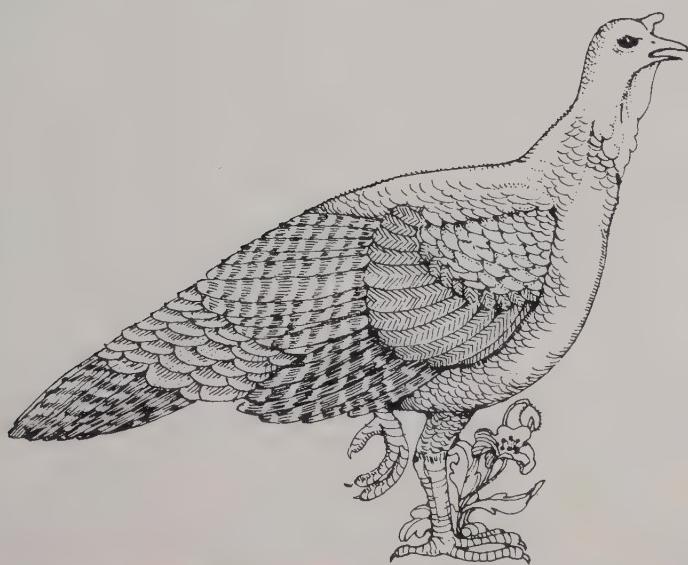
Turkey with chestnuts

Imperial/Metric

1 lb./450 g. chestnuts
 12 oz. pork sausage meat
 salt and pepper
 7-8 lb./3½ kg. turkey
 large slice fat bacon
 2 small onions, quartered
 2 small carrots, quartered
 4 tablespoons brandy
 4 tablespoons port
 1 teaspoon cornflour
 fleurons to garnish

American

1 lb. chestnuts
 ¾ lb. bulk pork sausage meat
 salt and pepper
 8 lb. turkey
 large slice fat bacon
 2 small onions, quartered
 2 small carrots, quartered
 4 tablespoons brandy
 4 tablespoons port
 1 teaspoon cornstarch
 fleurons to garnish



Slit the skins of the chestnuts, place in a roasting tin in a hot oven for 10 minutes, or until the skins split. Peel and cook in boiling, salted water for 20 minutes, or until tender. Reserve a few whole chestnuts for the garnish. Chop and combine the rest of the chestnuts with the sausage-meat, season to taste and use to stuff the turkey at the neck end. Cover the turkey breast with the bacon and roast it for about 2½ hours, or until golden brown, removing the bacon for the last 30 minutes of cooking time.

Meanwhile, cook the giblets with the onion and carrot. To serve, pour the brandy over the turkey and ignite. Strain the stock from the giblets, add the port and use to make a sauce with the juices in the roasting tin. Reduce by half and thicken with the moistened cornflour. Reheat the chestnuts in the sauce. Serve the turkey surrounded with chestnuts and pastry fleurons.

Note: If the fleurons are made at home, cut crescent shapes with a round biscuit cutter from puff pastry, glaze with beaten egg and place in the hottest part of the oven to bake when you remove the bacon from the turkey breast. If necessary, raise the heat slightly to brown the turkey well and encourage the fleurons to rise.





Chicken pimiento casserole

Imperial/Metric

2 canned pimientos
3 oz./75 g. butter
10 oz./275 g. carrots, sliced
2 onions, chopped
6 oz./175 g. mushrooms,
quartered
4 chicken portions
3 tablespoons flour
salt and pepper
1 teaspoon dried mixed
herbs
 $1\frac{1}{4}$ pints/ $7\frac{1}{2}$ dl. chicken
stock
 $\frac{1}{4}$ pint/ $1\frac{1}{2}$ dl. dry red wine
1 tablespoon chopped
parsley

American

2 canned pimientos
6 tablespoons butter
2 cups sliced carrots
2 onions, chopped
generous 1 cup quartered
mushrooms
4 chicken portions
3 tablespoons all-purpose
flour
salt and pepper
1 teaspoon dried mixed
herbs
generous 3 cups chicken
broth
generous $\frac{1}{2}$ cup dry red
wine
1 tablespoon chopped
parsley

Drain the pimientos and cut into strips. Melt the butter in a flameproof casserole and use to fry the pimiento, carrot, onion and mushrooms together for a few minutes. Add the chicken portions and fry gently on both sides for about 5 minutes. Remove the chicken. Sprinkle in the flour, seasoning and herbs and stir thoroughly. Gradually add the stock, stirring constantly until thick. Add the wine and chicken, stir, bring to the boil, cover and simmer for 30-45 minutes. Turn the chicken once or twice during this time. Garnish with chopped parsley.

Turkey with Claret sauce

Imperial/Metric

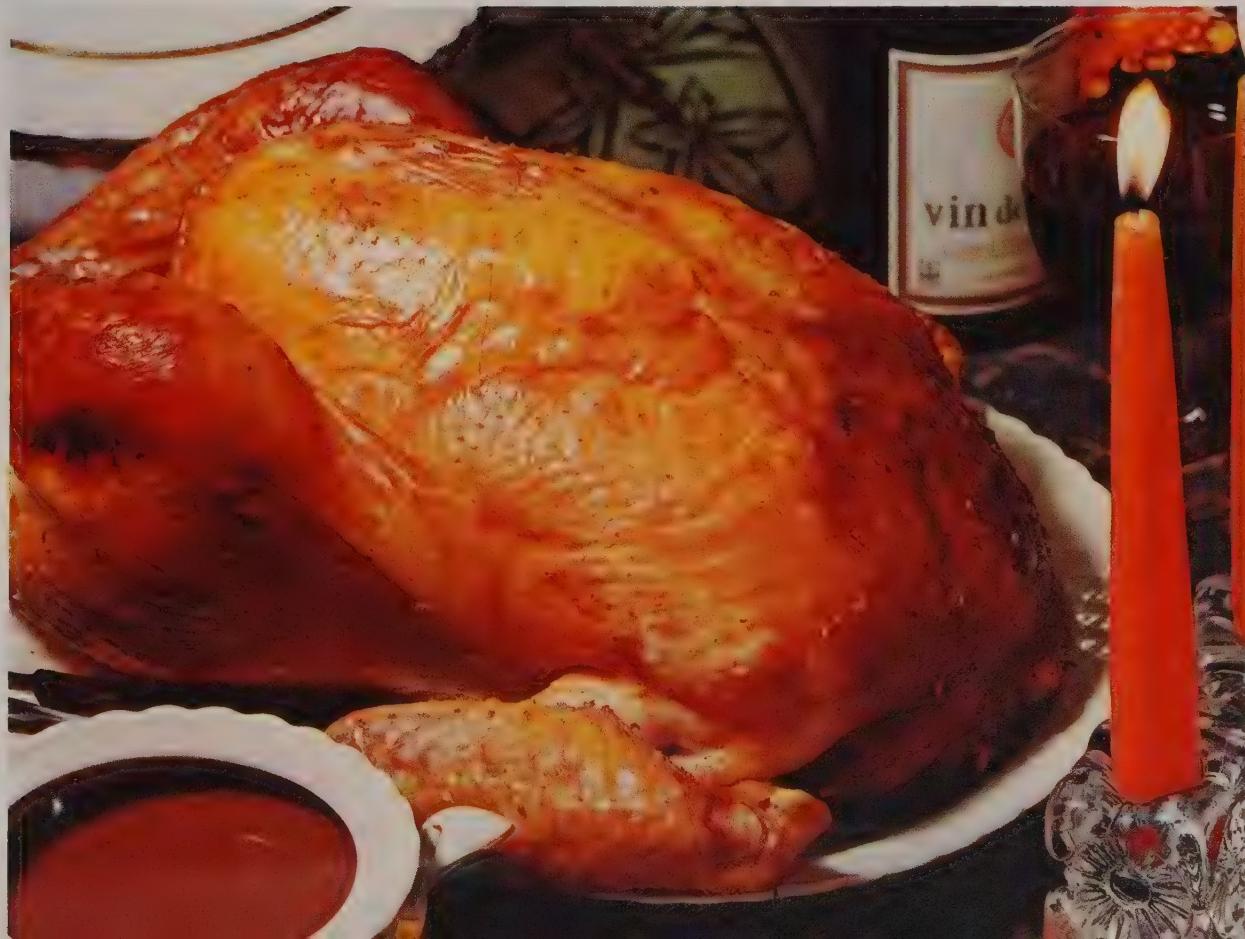
6-8 lb./3-4 kg. turkey
 2 sticks celery
 3 oz./75 g. butter
 2 oz./50 g. bacon, diced
 1 bottle Claret
 6 oz./175 g. soft white
 breadcrumbs
 2 oz./50 g. chopped
 walnuts
 salt and pepper
 1 egg, beaten
 1 chicken stock cube
 $\frac{3}{4}$ oz./20 g. flour

American

6-8 lb. turkey
 2 stalks celery
 6 tablespoons butter
 2 slices side bacon, diced
 1 bottle dry red wine
 2 cups fresh white bread
 crumbs
 $\frac{1}{2}$ cup chopped walnuts
 salt and pepper
 1 egg, beaten
 1 chicken bouillon cube
 3 tablespoons all-purpose
 flour

Chop the celery finely and fry lightly in 2oz./50 g. of the butter with the bacon until the celery is soft but not coloured. Add $\frac{1}{4}$ pint/ $1\frac{1}{2}$ dl. of the wine and boil rapidly to reduce by half. Stir in the breadcrumbs, walnuts and seasoning to taste. Bind with the lightly beaten egg and sufficient stock to make a good firm stuffing consistency. Use to stuff the neck cavity of the turkey. Brush the bird lightly with oil, sprinkle with salt and pepper and place in a large roasting bag. Put the bag in a roasting tin in a moderately hot oven (375°F, 190°C, Gas Mark 5) for $2\frac{1}{2}$ -3 hours, depending on weight. Strain the clear stock from the bag into a measuring jug, add the stock cube and make up to $\frac{3}{4}$ pint/4 dl. with more of the wine. Make a brown roux with the remaining butter and the flour. Gradually stir in the wine stock and cook, stirring constantly, until thick and smooth. Season to taste, serve separately.

Serves 8.



Main Dishes

Turkey in lemon sauce with fennel

Imperial/Metric

2 heads fennel, quartered
1½ oz./40 g. butter
1 oz./25 g. flour
½ pint/3 dl. milk
1 chicken stock cube
1 tablespoon lemon juice
12 oz./350 g. cooked turkey, chopped
salt and pepper

American

2 heads fennel, quartered
3 tablespoons butter
¼ cup all-purpose flour
1¼ cups milk
1 chicken bouillon cube
1 tablespoon lemon juice
1½ cups chopped cooked turkey
salt and pepper
¼ cup slivered almonds

Cook the fennel in boiling salted water until just tender. Melt 1 oz./25 g. of the butter, add the flour and stir over moderate heat until well blended. Gradually add the milk and the stock cube dissolved in 4 tablespoons boiling water. Cook, stirring constantly, for 3 minutes. Add the lemon juice, chopped turkey and the fennel. Season to taste and reheat gently. Meanwhile melt the remaining butter and use to fry the almonds until golden brown, sprinkling with a pinch of salt. Serve the turkey mixture topped with the fried almonds.

Roast pheasant

Imperial/Metric

1 plump pheasant
salt and pepper
1 oz./25 g. butter
large rasher fat bacon
½ pint/1½ dl. red wine

American

1 plump pheasant
salt and pepper
2 tablespoons butter
large slice side bacon
½ cup red wine
little all-purpose flour
2 slices white bread
2 oz. liver pâté

Season the bird inside and out with salt and pepper. Put half the butter inside the carcass, and cover the breast with the bacon. Stand on a trivet in a roasting tin. Melt the remaining butter and pour over the bird. Roast in a hot oven (450°F, 230°C, Gas Mark 8) for 10 minutes. Pour the wine over the bird, baste well, reduce heat to moderately hot (400°F, 200°C, Gas Mark 6) and return to the oven for a further 30 minutes, basting once during this time. Take the tin from the oven, remove bacon rasher, baste with the juices, dredge lightly with flour and baste again. Raise oven heat to hot (450°F, 230°C, Gas Mark 8) return the tin and continue roasting for a further 10 minutes. Trim crusts from bread and fry or toast then spread with the pâté. Serve the pheasant on this, surrounded by game chips and Brussels sprouts.

Note: Ask the poultier for three tail feathers. Cut to an even length and arrange at the tail end to disguise the legs.



Cran-apple relish

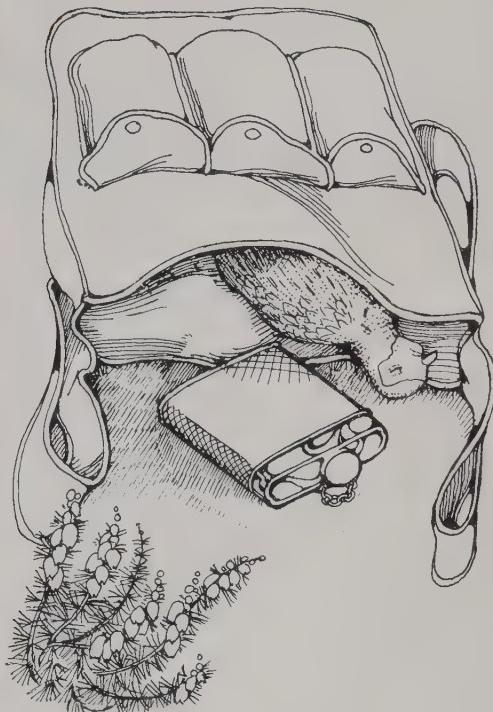
Imperial/Metric

1 large cooking apple
2 tablespoons water
1 tablespoon soft brown sugar
½ teaspoon ground cloves
8 oz./225 g. cranberries

American

1 large baking apple
2 tablespoons water
1 tablespoon light brown sugar
½ teaspoon ground cloves
½ lb. cranberries

Peel, core and slice the apple roughly into a small saucepan. Add the water and cook over low heat until reduced to a pulp, add the sugar, cloves and cranberries and continue cooking for a further few minutes until the cranberries burst. Stir well and cool. Serve with Raised game pie.



Raised game pie

Imperial/Metric

pastry:
12 oz./350 g. plain flour
 $\frac{1}{2}$ teaspoon salt
 4 oz./125 g. lard
 $\frac{1}{2}$ pint/1 $\frac{1}{2}$ dl. water
 1 egg yolk
filling:
 1 pheasant or 2 partridges,
 boned
 8 oz./225 g. lean pork,
 diced
 salt and pepper
 $\frac{1}{4}$ teaspoon ground nutmeg
 $\frac{1}{2}$ pint/3 dl. liquid aspic
 jelly

American

pastry:
 3 cups all-purpose flour
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ cup lard
 $\frac{1}{2}$ cup + 2 tablespoons
 water
 1 egg yolk
filling:
 1 pheasant or 2 partridges,
 boned
 $\frac{1}{2}$ lb. lean pork, diced
 salt and pepper
 $\frac{1}{4}$ teaspoon ground nutmeg
 1 tablespoon unflavoured
 gelatin dissolved in 1 $\frac{1}{4}$
 cups chicken broth

Sieve the flour and salt into a warm bowl, and rub in 1 oz./25 g. of the fat. Place the remaining fat and water in a saucepan and heat until the fat melts. Pour into the flour with the egg yolk and beat with a wooden spoon until well blended. Knead the dough quickly on a lightly floured surface until it becomes a smooth round ball. Use the pastry while warm. Roll out two-thirds of the pastry and use to line a spring form raised pie mould. Cut the game into small pieces and layer in the pastry case with the pork, adding salt, pepper and nutmeg to each layer. Roll out remaining pastry to make a lid and seal the edges well together. Make a hole in the centre and decorate with pastry trimmings. Bake in a moderately hot oven (400°F, 200°C, Gas Mark 6) for 30 minutes then lower heat to moderate (350°F, 180°C, Gas Mark 4) for a further 2-2 $\frac{1}{2}$ hours. Cover with grease-proof paper after 1 hour's cooking. Remove mould and cool pie. Pour in the liquid aspic jelly and allow to set. Serve cold with cran-apple relish.

Main Dishes

Nutty pork crescents

Imperial/Metric

8 oz./225 g. pork sausage-meat
6 dates, stoned
2 oz./50 g. chopped nuts
salt and pepper
good pinch ground nutmeg
1 egg, separated
12 oz./350 g. puff pastry

American

$\frac{1}{2}$ lb. bulk pork sausage meat
6 dates, stoned
 $\frac{1}{2}$ cup chopped nuts
salt and pepper
good dash ground nutmeg
1 egg, separated
 $\frac{3}{4}$ lb. puff paste

Mix the sausagemeat with the finely chopped dates and the nuts, season well, bind with the lightly beaten egg white. Form into six sausage shapes with lightly floured hands. Roll out the pastry thinly, and cut into six squares. Place one piece of sausagemeat diagonally across the corner of a pastry square, roll across and fold in the other corners. Form into a crescent shape. Beat up the egg yolk with 2 tablespoons water and use to seal the parcel, turn over and brush with more egg wash. Make up the other five parcels in the same way. Bake on a damped baking sheet in a hot oven (425°F, 220°C, Gas Mark 7) for 30 minutes. Serves 3.



Leek and bacon bake

Imperial/Metric

8 medium leeks
8 rashers streaky bacon
4 oz./125 g. Lancashire cheese, grated

American

8 medium leeks
8 slices side bacon
1 cup grated American cheese

Trim the leeks to an even length and cut in half lengthwise. Wash well. Derind and snip up the bacon. Cook the leeks in boiling salted water, covered, until tender. Drain well. Meanwhile, fry the bacon in a heavy-based pan without added fat until golden. Use the rendered fat to grease a shallow flame-proof dish. Sprinkle in a little of the grated cheese, cover with a layer of leeks, sprinkle over some of the bacon and repeat with remaining ingredients, ending with a layer of cheese. Pour over the rest of the rendered bacon fat and place under a hot grill until the cheese melts and is bubbling.



Apple and cheese canapés

Imperial/Metric

2 large dessert apples
1 large onion
2 oz./50 g. butter
1 tablespoon oil
6 slices toasting bread
grated nutmeg
6 thin slices Gouda cheese

American

2 large eating apples
1 large onion
 $\frac{1}{4}$ cup butter
1 tablespoon oil
6 slices toasting bread
grated nutmeg
6 thin slices Gouda cheese

Peel, core and slice the apples. Cut the onion into thin slices and separate into rings. Fry the apple slices gently in half the butter until light golden. Remove and keep warm. Add the oil to the pan and use to fry the onion rings gently until golden. Lightly toast the bread and butter on one side. Place a little onion on each slice, reserving good rings for the garnish. Divide the cooked apple slices between the six toasts, sprinkle with grated nutmeg, cover with a slice of cheese and top with a few onion rings. Place under a hot grill until the cheese begins to melt and the onion rings are brown. Serves 3.

Ham and turkey mousse

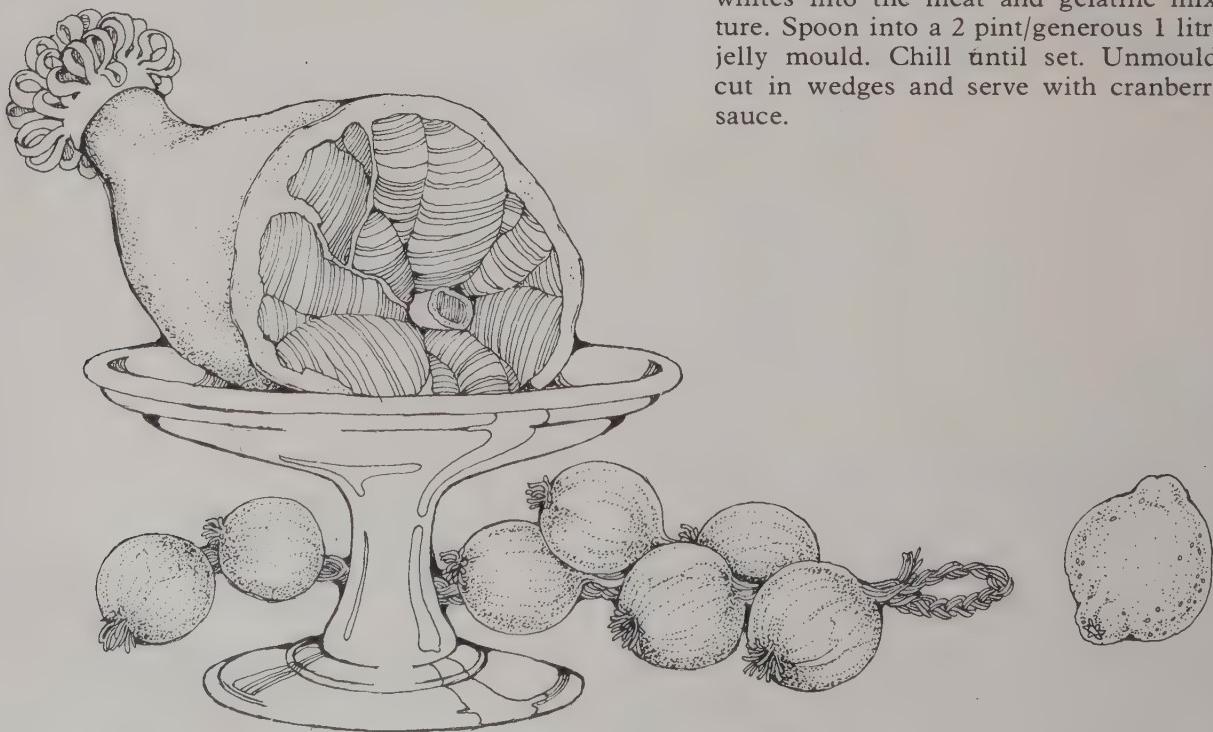
Imperial/Metric

1 tablespoon gelatine
2 tablespoons cold water
1 chicken stock cube
 $\frac{1}{2}$ pint/3 dl. boiling water
1 teaspoon lemon juice
pinch salt
pinch dry mustard
4 oz./125 g. cooked turkey
4 oz./125 g. cooked ham
1 tablespoon grated onion
 $\frac{1}{2}$ pint/1 dl. double cream
2 egg whites

American

1 tablespoon gelatin
2 tablespoons cold water
1 chicken bouillon cube
 $1\frac{1}{2}$ cups boiling water
1 teaspoon lemon juice
dash salt
dash dry mustard
 $\frac{1}{2}$ lb. cooked turkey
 $\frac{1}{4}$ lb. cooked ham
1 tablespoon minced onion
 $\frac{2}{3}$ cup whipping cream
2 egg whites

Soften the gelatine in the cold water. Dissolve the stock cube in the boiling water and add to the gelatine. Stir until dissolved. Add the lemon juice, salt and dry mustard. Chill until slightly thickened. Meanwhile mince the turkey and ham very finely. Beat the partially set gelatine until smooth. Stir in the minced turkey, ham and onion. Whip the cream lightly. Whisk the egg whites until very stiff. Fold the whipped cream and egg whites into the meat and gelatine mixture. Spoon into a 2 pint/generous 1 litre jelly mould. Chill until set. Unmould, cut in wedges and serve with cranberry sauce.





Spinach noodle cake

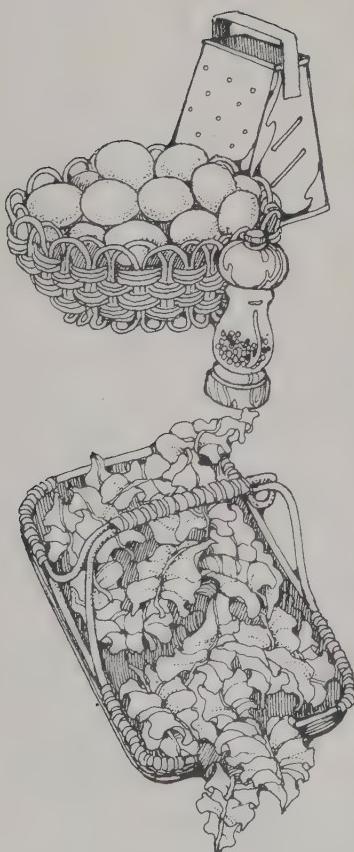
Imperial/Metric

2 lb./1 kg. spinach
8 oz./225 g. noodles
1 oz./25 g. butter
6 oz./175 g. cheese, grated
3 eggs
 $\frac{3}{4}$ pint/4 dl. milk
 $\frac{1}{2}$ teaspoon ground mace
salt and black pepper

American

2 lb. spinach
 $\frac{1}{2}$ lb. noodles
2 tablespoons butter
 $1\frac{1}{2}$ cups grated cheese
3 eggs
scant 2 cups milk
 $\frac{1}{2}$ teaspoon ground mace
salt and black pepper

Wash and cook the spinach in just sufficient boiling salted water to prevent it from burning, drain and chop finely. Cook the noodles in plenty of boiling salted water for 8 minutes, or until just tender but not soft. Drain well, and toss in half the butter. Grease an ovenproof dish with remaining butter put a layer of spinach in the bottom, sprinkle in half the cheese, then add the noodles, a little more cheese, the remaining spinach and the rest of the cheese. Beat the eggs with the milk, add seasoning and pour over the dish. Bake in a moderate oven (350°F, 180°C, Gas Mark 4) for 30-40 minutes.



Sausage and butter bean quickies

Imperial/Metric

1 lb./450 g. sausages
 16 oz./450 g. can butter beans
 $\frac{1}{2}$ pint/1½ dl. milk approx.
 2 oz./50 g. butter
 1 large onion, sliced
 1 tablespoon flour
 salt and pepper
 2 oz./50 g. cheese, grated
 chopped parsley

American

1 lb. sausages
 1 lb. can butter beans
 $\frac{1}{2}$ cup milk approx.
 $\frac{1}{4}$ cup butter
 1 large onion, sliced
 1 tablespoon flour
 salt and pepper
 $\frac{1}{2}$ cup cheese, grated
 chopped parsley

Grill or fry the sausages until nicely brown all over. Strain the liquid from the beans and make up to $\frac{1}{2}$ pint/3 dl. with milk. Heat the butter in a saucepan and fry the onion gently until just coloured, remove from the heat and stir in the flour. Gradually blend in the liquid and bring to the boil, stirring constantly. Cook gently for 3 minutes. Mix in the butter beans, season to taste, and pour into a shallow ovenproof dish. Arrange the sausages on top and scatter the grated cheese over. Cook under the grill until golden and bubbling. Garnish with chopped parsley.



Vegetables and salads

When delicate salad vegetables are scarce and expensive, combine them with thinly sliced cabbage, white or red; tiny raw florets of cauliflower; or crisp shredded Brussels sprouts. Nuts and the citrus fruits in full season too add interest to winter salads. Root vegetables deserve more attention, and can easily be prepared to make a separate course, worthy to serve on its own. Try this selection for a start.

Polish beetroot salad

Imperial/Metric

- 4 oz./125 g. slice cooked tongue
- 1 large beetroot
- 4 fillets salt herring
- 4 tablespoons French dressing
- 1 hard-boiled egg
- 1 tablespoon chopped parsley

American

- $\frac{1}{4}$ lb. slice cooked tongue
- 1 large beet
- 4 fillets salt herring
- 4 tablespoons Italian dressing
- 1 hard cooked egg
- 1 tablespoon chopped parsley

Roughly chop the tongue, dice the beetroot and quarter the herring fillets. Toss the beetroot, herring and tongue in the salad dressing. Reserve four centre slices of the egg for garnish, chop the rest roughly and put in the bottom of a salad bowl. Cover with half the tossed ingredients and sprinkle with a little parsley. Fill up the bowl with the remaining ingredients, garnish with the reserved egg slices and the rest of the parsley.





Red coleslaw with celery

Imperial/Metric

- 1 small red cabbage
- 3 large oranges
- $\frac{1}{2}$ head celery
- 2 oz./50 g. walnut halves
- salt and pepper
- $\frac{1}{2}$ teaspoon mild continental mustard
- 1 tablespoon oil

American

- 1 small red cabbage
- 3 large oranges
- $\frac{1}{2}$ head celery
- $\frac{1}{2}$ cup walnut halves
- salt and pepper
- $\frac{1}{2}$ teaspoon mild mustard
- 1 tablespoon oil

Shred the cabbage finely, removing the core and thick stems. Peel 2 of the oranges and divide into segments, discarding the pith and membrane. Chop the celery into short lengths and mix with the orange segments, cabbage and walnuts. Squeeze the juice from the remaining orange, season to taste with salt, pepper and mustard and beat in the oil. Use to toss the salad ingredients.

Honeyed carrots

Imperial/Metric

- 4 large carrots
- 2 oz./50 g. butter
- 1 tablespoon made mustard
- 2 oz./50 ml. honey
- 1 tablespoon chopped almonds

American

- 4 large carrots
- $\frac{1}{4}$ cup butter or margarine
- 1 tablespoon made mustard
- $\frac{1}{4}$ cup honey
- 1 tablespoon chopped almonds

Peel and cut the carrots diagonally into 1 inch/25 mm. slices. Cook in boiling salted water for 15 minutes. While the carrots are cooking, combine the butter, mustard and honey. Cook over low heat for 3 minutes until thoroughly blended. Drain the carrots. Pour the sauce over and sprinkle with the chopped almonds.



Chicory and orange salad

Imperial/Metric

2 large oranges
4 heads chicory
5 oz./150 ml. carton
natural yogurt
salt and pepper

American

2 large oranges
4 heads Belgian endive
 $\frac{3}{4}$ cup natural yogurt
salt and pepper

Grate the zest from one orange, peel and divide both oranges into segments. Trim and divide the chicory heads into separate leaves. Reserve 10 or 12 leaves for the garnish and chop the rest roughly. Place the orange segments and chopped chicory in a bowl, toss with the yogurt, and part of the grated zest, reserving a little for the garnish. Season to taste. Turn the mixture into a serving dish and push chicory leaves down the sides at regular intervals. Sprinkle the remaining orange zest on the top.

Savoury vegetable medley

Imperial/Metric

4 oz./125 g. carrots
4 oz./125 g. turnip
4 oz./125 g. celeriac
8 oz./225 g. white cabbage
1 leek
2 oz./50 g. butter
4 oz./125 g. lean bacon
1 chicken stock cube
 $\frac{1}{2}$ pint/3 dl. boiling water
salt and pepper
1 bay leaf
2 oz./50 g. frozen green peas
1 oz./25 g. cheese, grated

American

4 oz. carrots
4 oz. turnip
4 oz. celeriac
 $\frac{1}{2}$ lb. cabbage
1 leek
 $\frac{1}{4}$ cup butter or margarine
4 oz. back bacon
1 chicken bouillon cube
 $1\frac{1}{4}$ cups boiling water
salt and pepper
1 bay leaf
 $\frac{1}{2}$ cup frozen green peas
 $\frac{1}{4}$ cup grated cheese

Peel and dice the carrots, turnip and celeriac. Roughly chop the cabbage. Wash and slice the leek. Melt the butter in a saucepan. Dice the bacon and fry the leek and bacon in the melted butter until the bacon is partially cooked. Add the prepared vegetables. Dissolve the stock cube in the boiling water. Add to the vegetables and bacon. Season with salt and pepper. Add the bay leaf; cover and simmer for 30 minutes. Add the peas and simmer, uncovered, for a further 5 minutes. Remove the bay leaf. Taste and adjust seasoning. Pile into a hot serving dish. Sprinkle with the grated cheese and place under a hot grill until the cheese begins to melt.

Finnish turnip loaf

Imperial/Metric

1 lb./450 g. turnips
2 eggs
1 teaspoon sugar
pinch pepper
pinch grated nutmeg
2 fl. oz./50 ml. single cream
4 tablespoons soft bread-crums
1 tablespoon melted butter

American

1 lb. turnips
2 eggs
1 teaspoon sugar
dash pepper
dash grated nutmeg
 $\frac{1}{4}$ cup coffee cream
4 tablespoons soft bread
crumbs
1 tablespoon melted butter

Peel, dice and cook the turnips in boiling salted water until tender. Drain and mash. Beat the eggs lightly and add to the mashed turnips along with the sugar, pepper, nutmeg and cream. Spoon into a buttered 1 lb./450 g. loaf tin. Combine the breadcrumbs and melted butter. Sprinkle over the turnip mixture. Bake in a moderately hot oven (375°F, 190°C, Gas Mark 5) for 45 minutes.

Sovereign salad

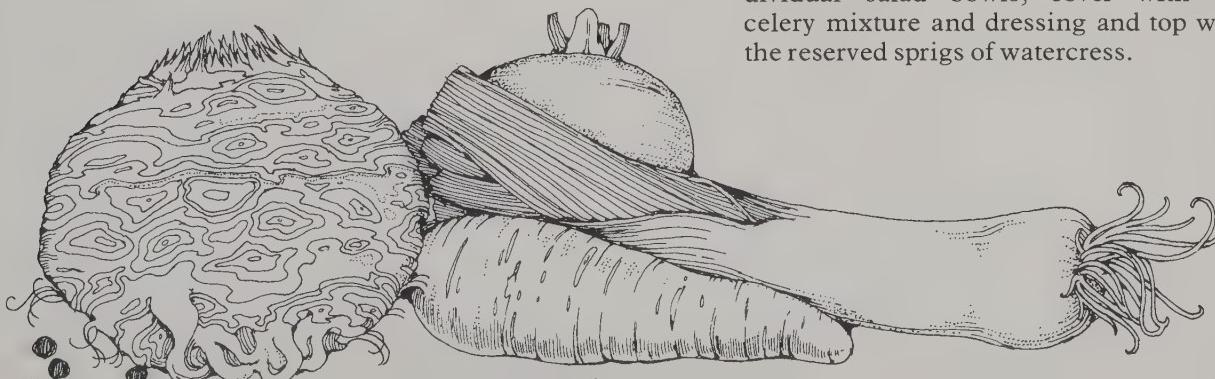
Imperial/Metric

1 lb./450 g. red cabbage
1 green-skinned dessert apple
1 celery heart
4 sprigs watercress
dressing:
 $\frac{1}{2}$ teaspoon salt and
 $\frac{1}{4}$ teaspoon pepper
 $\frac{1}{2}$ teaspoon dry mustard
pinch castor sugar
1 tablespoon lemon juice
2 tablespoons oil

American

1 lb. red cabbage
1 green-skinned eating apple
1 celery heart
4 sprigs watercress
dressing:
 $\frac{1}{2}$ teaspoon salt and
 $\frac{1}{4}$ teaspoon pepper
 $\frac{1}{2}$ teaspoon dry mustard
dash granulated sugar
1 tablespoon lemon juice
2 tablespoons oil

Shred the cabbage finely into a bowl, discarding the core and thick stems. Core and slice the apple thinly. Slice the celery heart finely, and chop up the watercress, reserving 4 tiny top sprigs for the garnish. To make the dressing, stir the seasonings and sugar into the lemon juice and gradually beat in the oil. Toss the apple, celery and chopped watercress in the dressing until well coated. Divide the shredded cabbage between four individual salad bowls, cover with the celery mixture and dressing and top with the reserved sprigs of watercress.



Sweets and Puddings

Sweets

Hot puddings are top of our list, but space must be found as well for the rich desserts and cakes proper to the season. Dieters are not forgotten, (there's even a Slimmers' Christmas pudding) but might be forgiven for a temporary lapse when mincemeat, rich plum cake and other such delights appear on the festive menu.

Chinese toffee apples

Imperial/Metric

1 tablespoon sesame seeds
4 dessert apples
1 tablespoon cornflour
4 oz./125 g. sugar
2 tablespoons corn oil

American

1 tablespoon sesame seeds
4 eating apples
1 tablespoon cornstarch
 $\frac{1}{2}$ cup granulated sugar
2 tablespoons corn oil

Spread the sesame seeds on a sheet of foil and toast under a hot grill until golden. Peel, core and cut the apples into small chunks. Toss in cornflour. Dissolve the sugar slowly in the oil until it becomes a thick syrup with a little oil floating on top and pale golden brown in colour. Stir in the sesame seeds. Drop in a few apple chunks at a time, remove with a fork and pile up in a warm serving dish. To serve, turn a spoonful of toffee-coated chunks at a time into a bowl of iced water and immediately remove with a slotted draining spoon on to individual plates.



Beignets

Imperial/Metric

1 packet boudoir biscuits,
crushed
4 oz./125 g. cream cheese
2 tablespoons single cream
3 tablespoons flour
2 eggs
1 tablespoon brandy or rum
oil for frying
castor sugar for dredging

American

1 packet ladyfingers,
crushed
4 oz. cream cheese
2 tablespoons coffee cream
3 tablespoons all-purpose
flour
2 eggs
1 tablespoon brandy or rum
oil for frying
granulated sugar for
dredging

Beat all the ingredients together and leave to stand for 15 minutes. Heat the oil until a piece of the paste begins to frizzle as soon as it is immersed in the oil. Form the mixture into pieces about the size of a walnut. Add a few at a time to the oil in a frying basket, cooking in batches. When golden brown remove carefully on to soft kitchen paper to drain. Keep warm until all the beignets are cooked. Serve dredged with castor sugar or with apricot jam.





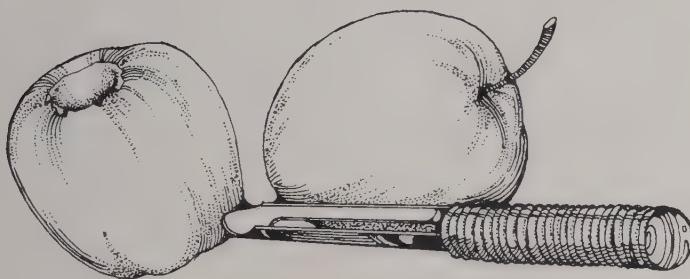
Apple mountains

Imperial/Metric

8 large dessert apples
5 oz./150 g. butter
5 oz./150 g. castor sugar
3 eggs
pinch salt
1 teaspoon vanilla extract
 $1\frac{1}{2}$ cups flour
8 Maraschino cherries

American

8 large eating apples
 $\frac{2}{3}$ cup butter
 $\frac{2}{3}$ cup granulated sugar
3 eggs
dash salt
1 teaspoon vanilla extract
 $1\frac{1}{4}$ cups all-purpose flour
8 Maraschino cherries



Mincemeat cobbler

Imperial/Metric

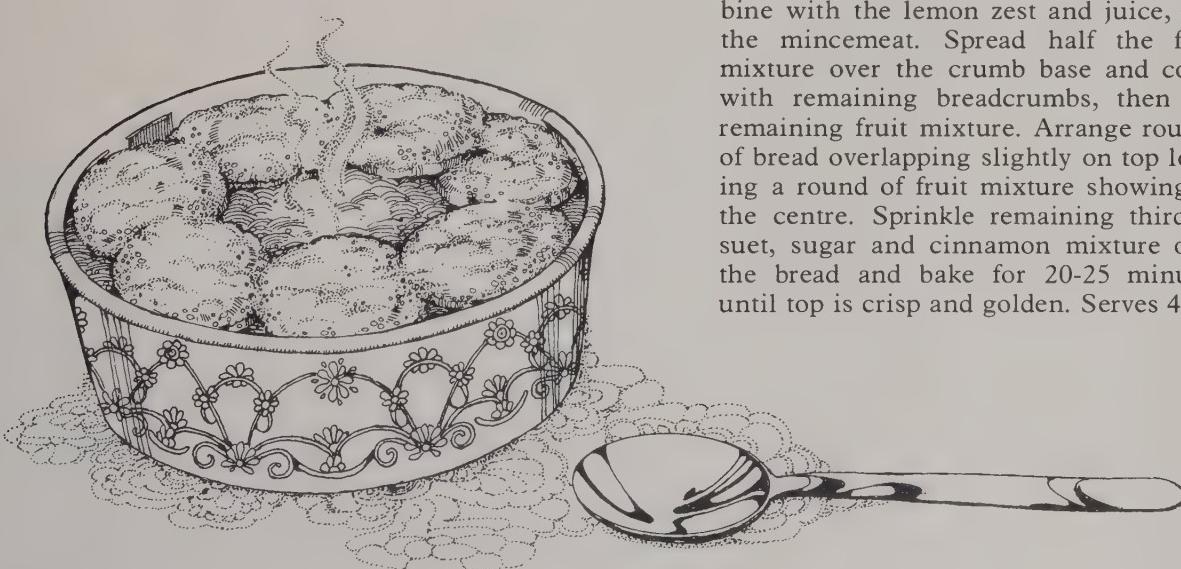
8 small slices white bread
3 oz./75 g. shredded suet
3 oz./75 g. demerara or soft brown sugar
1 teaspoon ground cinnamon
1 lb./450 g. cooking pears
grated zest and juice of 1 lemon
8 oz./225 g. mincemeat

American

8 small slices white bread
 $\frac{1}{2}$ cup finely chopped suet
6 tablespoons light brown sugar
1 teaspoon ground cinnamon
1 lb. winter pears
grated rind and juice of 1 lemon
1 cup mincemeat

Peel and core the apples. Melt 1 oz./25 g. of the butter in a flameproof dish large enough to take all eight apples. Turn apples in the butter over moderate heat until golden on all sides. Sprinkle with 1 oz./25 g. of the sugar, cover and continue cooking over low heat for 7-10 minutes until just tender. Meanwhile beat together the remaining butter and sugar and gradually add the eggs, salt and vanilla essence. Blend in the flour. Use the mixture to cover the apples and bake in a moderate oven (350°F, 180°C, Gas Mark 4) for 40-45 minutes, until the surface is golden brown and resilient to the touch. If necessary cover the edges with foil and leave the centre exposed for another 10 minutes cooking as the edges tend to over-brown before centre is fully cooked. Decorate with the cherries and serve hot. Serves 8.

Using a $2\frac{1}{2}$ inch/6 cm. cutter, cut out 7 rounds from 7 slices of the bread. Make breadcrumbs from leftover slice and pieces of bread. Mix together suet, sugar and cinnamon. Combine the breadcrumbs with two-thirds of the suet mixture. Sprinkle one half over the base of a greased $1\frac{1}{2}$ -2 pint/1 litre round ovenproof dish. Bake in a moderately hot oven (400°F, 200°C, Gas Mark 6) for 10 minutes. Peel, core and grate pears. Combine with the lemon zest and juice, and the mincemeat. Spread half the fruit mixture over the crumb base and cover with remaining breadcrumbs, then the remaining fruit mixture. Arrange rounds of bread overlapping slightly on top leaving a round of fruit mixture showing in the centre. Sprinkle remaining third of suet, sugar and cinnamon mixture over the bread and bake for 20-25 minutes until top is crisp and golden. Serves 4-6.





Golden grapefruit sponge

Imperial/Metric

5 oz./150 g. self-raising flour
pinch of salt
3 oz./75 g. butter
4 oz./125 g. castor sugar
2 eggs, beaten
1 tablespoon milk
grated zest of $\frac{1}{2}$ grapefruit

American

$1\frac{1}{4}$ cups all-purpose flour
 $1\frac{1}{4}$ teaspoons baking powder
dash salt
6 tablespoons butter
 $\frac{1}{2}$ cup granulated sugar
2 eggs, beaten
1 tablespoon milk
grated rind of $\frac{1}{2}$ grapefruit

Sieve the flour and salt together. In a separate bowl cream the butter and sugar until light and fluffy. Gradually add the eggs, alternately with the flour. Beat in the milk and grapefruit zest. Pour the mixture into a greased pudding basin and cover with foil. Steam for $1\frac{1}{2}$ hours, turn out and serve with Grapefruit sauce.

Grapefruit sauce

Imperial/Metric

2 grapefruit
2-4 tablespoons golden syrup
1 teaspoon arrowroot
knob of butter

American

2 grapefruit
2-4 tablespoons corn syrup
1 teaspoon arrowroot
knob of butter

Thinly pare the zest of one grapefruit and squeeze the juice from both. Place in a saucepan with golden syrup to taste and bring to the boil. Moisten the arrowroot with 2 tablespoons cold water, add to the pan and bring to the boil, stirring constantly until sauce clears. Beat in the butter and serve with Golden grapefruit sponge.

Cider and fruit bread pudding

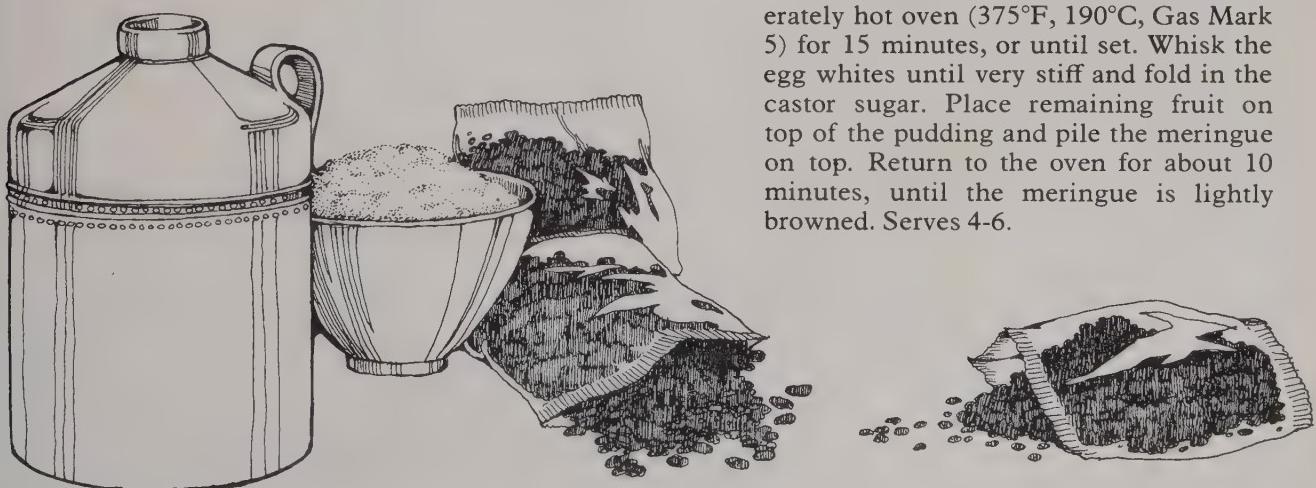
Imperial/Metric

$\frac{3}{4}$ pint/4 dl. cider
1 oz./25 g. sultanas
1 oz./25 g. currants
2 oz./50 g. seedless raisins
1 oz./25 g. butter
1 oz./25 g. soft brown sugar
3 oz./75 g. fresh white breadcrumbs
2 eggs, separated
2-3 oz./50-75 g. castor sugar

American

scant 2 cups apple cider
 $\frac{1}{4}$ cup golden raisins
scant $\frac{1}{4}$ cup currants
scant $\frac{1}{2}$ cup dark seedless raisins
2 tablespoons butter
2 tablespoons light brown sugar
 $1\frac{1}{2}$ cups fresh white bread crumbs
2 eggs, separated
4-6 tablespoons granulated sugar

Pour $\frac{1}{2}$ pint/3 dl./ $1\frac{1}{4}$ cups cider over the dried fruit, allow to stand overnight then drain and reserve the liquid. Add extra cider to make liquid up to $\frac{1}{2}$ pint/3dl./ $1\frac{1}{4}$ cups again and heat with the fat and brown sugar until the sugar dissolves. Stir in the breadcrumbs and heat for a further 2 minutes. Remove from the heat and stir in the egg yolks, one at a time. Spoon half the bread mixture into a greased $1\frac{1}{2}$ pint/1 litre/1 quart ovenproof dish, cover with half the fruit and then remaining bread mixture. Bake in the centre of a moderately hot oven (375°F , 190°C , Gas Mark 5) for 15 minutes, or until set. Whisk the egg whites until very stiff and fold in the castor sugar. Place remaining fruit on top of the pudding and pile the meringue on top. Return to the oven for about 10 minutes, until the meringue is lightly browned. Serves 4-6.



Chestnut soufflé

Imperial/Metric

1 lb./450 g. chestnuts
4 oz./125 g. castor sugar
little milk
4 eggs, separated
1 tablespoon flour
few drops vanilla essence

American

1 lb. chestnuts
 $\frac{1}{2}$ cup granulated sugar
little milk
4 eggs, separated
1 tablespoon all-purpose flour
few drops vanilla extract

Butter an ovenproof soufflé dish. Cook the chestnuts (see page 43) and reduce to a smooth purée with the sugar and just sufficient milk to make the mixture a smooth paste. Beat in the egg yolks, one at a time, sprinkling in a little flour with each addition. Beat the egg whites until stiff and fold lightly into the chestnut mixture with the vanilla essence. Pour into the prepared dish and bake in a moderately hot oven (375°F, 190°C, Gas Mark 5) for about 35 minutes, until well risen and golden brown. Serve at once with Coffee liqueur sauce.

Coffee liqueur sauce

Imperial/Metric

$\frac{1}{2}$ pint/3 dl. strong black coffee
pinch salt
2 oz./50 g. sugar
4 tablespoons coffee liqueur
2 teaspoons arrowroot
1 egg yolk
knob of butter

American

1 $\frac{1}{4}$ cups strong black coffee
dash salt
 $\frac{1}{4}$ cup granulated sugar
4 tablespoons coffee liqueur
2 teaspoons arrowroot
1 egg yolk
knob of butter

Heat the coffee, salt and sugar to boiling point and add the liqueur. Moisten the arrowroot with a little cold water, add to the pan and stir, over moderate heat, until the mixture clears. Remove sauce from heat, stir in the egg yolk quickly and then the butter to give the sauce a gloss.





Light Christmas pudding

Imperial/Metric

4 oz./125 g. soft brown sugar
 7 oz./200 g. plain flour
 1 teaspoon bicarbonate of soda
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon ground cinnamon
 $\frac{1}{2}$ teaspoon grated nutmeg
 $\frac{1}{2}$ teaspoon ground mixed spices
 4 oz./125 g. seedless raisins
 4 oz./125 g. currants
 4 oz./125 g. sultanas
 4 oz./125 g. chopped mixed peel
 $2\frac{1}{2}$ fl. oz./65 ml. corn oil
 3 fl. oz./75 ml. milk
 4 tablespoons brandy
 2 eggs

American

$\frac{1}{2}$ cup light brown sugar
 $1\frac{3}{4}$ cups all-purpose flour
 1 teaspoon baking soda
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon ground cinnamon
 $\frac{1}{2}$ teaspoon grated nutmeg
 $\frac{1}{2}$ teaspoon ground mixed spice
 $\frac{3}{4}$ cup dark seedless raisins
 $\frac{2}{3}$ cup currants
 $\frac{3}{4}$ cup golden raisins
 generous 1 cup chopped mixed peel
 $\frac{1}{3}$ cup corn oil
 $\frac{1}{3}$ cup milk
 4 tablespoons brandy
 2 eggs

Grease a 2 pint/1 litre/1 quart pudding basin and coat with brown sugar. Sieve the dry ingredients into a bowl and stir in the fruit. Whisk together the corn oil, milk, brandy and eggs and stir into the dry ingredients. Mix well. Turn into the prepared basin. Cover with greaseproof paper and foil and steam for 6 hours. Allow to cool. Remove the paper and recover with a clean dry cloth. When required steam for a further $1\frac{1}{2}$ hours and serve with Marsala sauce, or Hot rum sauce.



Marsala sauce

Imperial/Metric

$\frac{1}{2}$ oz./15 g. cornflour
 $\frac{1}{2}$ pint/3 dl. milk
 2 tablespoons sugar
 4 tablespoons Marsala
 $\frac{1}{2}$ teaspoon almond essence
 knob of butter

American

1 tablespoon cornstarch
 $1\frac{1}{4}$ cups milk
 2 tablespoons granulated sugar
 4 tablespoons Marsala
 $\frac{1}{2}$ teaspoon almond extract
 knob of butter

Moisten the cornflour with 2 tablespoons of the milk. Heat the remaining milk gradually to boiling point with the sugar. Pour on to the blended cornflour, stir well and return to the pan. Bring to the boil again, stirring constantly. Add the Marsala and almond essence and simmer, stirring constantly, for a further 3 minutes. Beat in the butter and remove from the heat. Makes $\frac{1}{2}$ pint/3 dl./ $1\frac{1}{4}$ cups sauce.



Hot rum sauce

Imperial/Metric

8 oz./225 g. soft brown sugar
 3 fl. oz./75 ml. honey
 pinch salt
 4 oz./125 g. butter
 2 fl. oz./50 ml. hot water
 3 fl. oz./75 ml. rum

American

1 cup brown sugar
 $\frac{1}{3}$ cup honey
 dash salt
 $\frac{1}{2}$ cup butter
 $\frac{1}{4}$ cup hot water
 $\frac{1}{3}$ cup rum

In a small saucepan, heat the brown sugar, honey, salt, butter and water together until it begins to boil. Remove from the heat and stir in the rum. Makes $\frac{1}{2}$ pint/3 dl./ $1\frac{1}{4}$ cups sauce.





Sweets and Puddings

Slimmers' Christmas pudding

Imperial/Metric

1 packet Rise & Shine
lemon drink
2 tablespoons water
 $\frac{1}{4}$ pint/ $1\frac{1}{2}$ dl. whipping cream
8 oz./225 g. cottage cheese
finely grated zest of 1
orange
1 oz/25 g. sultanas
1 oz./25 g. currants
1 oz./25 g. glacé cherries,
quartered
 $\frac{1}{2}$ oz./15 g. gelatine
glacé cherries and angelica
to decorate

American

1 packet Rise & Shine
lemon drink
2 tablespoons water
 $\frac{1}{2}$ cup whipping cream
1 cup cottage cheese
finely grated rind of 1
orange
 $\frac{1}{4}$ cup golden raisins
 $\frac{1}{4}$ cup currants
 $\frac{1}{4}$ cup quartered candied
cherries
1 tablespoon unflavored
gelatin
candied cherries and
angelica to decorate

Mix the drink powder and water together. Whip the cream and sieve the cottage cheese. Combine the cheese, orange zest, lemon drink and fruit and fold in the cream. Dissolve the gelatine in 3 tablespoons water in a basin over a pan of hot water. Cool, then add to the cheese mixture and mix well. Pour into a rinsed 1 pint/ $\frac{1}{2}$ litre pudding basin/small mould and chill until set. To serve, dip the basin into warm water for a few seconds, then turn pudding out on a serving plate. Decorate with glacé cherries and angelica. Serves 6-8.

Note: For long term storage wrap in foil before freezing. Remove, unwrap and place on a serving dish when required.



Beat 'n bake Christmas cake

Imperial/Metric

1 lb./450 g. mixed dried fruit
 4 oz./125 g. candied and glacé fruit, chopped
 7 oz./200 g. flour
 1 teaspoon ground mixed spices (nutmeg, cinnamon, etc)
 2 oz./50 g. chopped almonds
 2 oz./50 g. ground almonds
 4 oz./125 g. soft margarine
 4 oz./125 g. soft brown sugar
 2 tablespoons treacle
 3 large eggs
 1 miniature bottle Apricot brandy

American

3 cups mixed dried fruit
 generous 1 cup mixed candied fruits, chopped
 $\frac{1}{4}$ cups all-purpose flour
 1 teaspoon ground mixed spices (nutmeg, cinnamon, etc)
 $\frac{1}{2}$ cup chopped almonds
 generous $\frac{1}{2}$ cup ground almonds
 $\frac{1}{2}$ cup soft margarine
 $\frac{1}{2}$ cup light brown sugar
 2 tablespoons molasses
 3 large eggs
 1 miniature bottle Apricot brandy

Quite simply, place all the ingredients together in a large mixing bowl and beat with a wooden spoon until too tired to continue (3 minutes is the minimum). Grease and line an 8 inch/20 cm. cake tin and protect by wrapping a double layer of brown paper around the outside, to come 2 inches/5 cm. above the top of the tin. Turn in the mixture, smooth the top and bake, standing on a pad of newspaper, in a cool oven (275°F, 150°C, Gas Mark 1), for about 3 hours, until no sound of huming is heard from the cake. Cool, and store in an airtight tin.

Fruited savarin

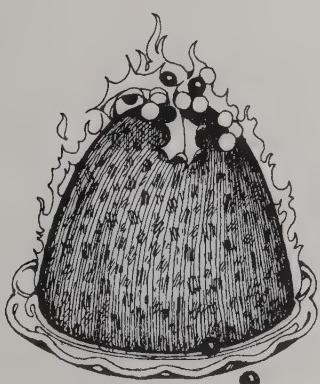
Imperial/Metric

$\frac{1}{2}$ oz./15 g. fresh yeast, or
 2 teaspoons dried yeast
 $\frac{1}{4}$ pint/1½ dl. warm milk
 5 oz./150 g. plain flour
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ oz./15 g. castor sugar
 1 egg, beaten
 1 oz./25 g. butter
 2 oz./50 g. glacé cherries
 2 oz./50 g. sultanas
 2 oz./50 g. seedless raisins
 little butter for greasing tin
 $\frac{1}{2}$ oz./15 g. flaked almonds
 syrup:
 8 oz./225 g. granulated sugar
 $\frac{1}{2}$ pint/3 dl. water
 2 tablespoons sweet sherry
 $\frac{1}{4}$ pint/1½ dl. double cream

American

1 tablespoon fresh yeast or
 2 teaspoons dried yeast
 generous $\frac{1}{2}$ cup warm milk
 $\frac{1}{4}$ cups all-purpose flour
 $\frac{1}{4}$ teaspoon salt
 1 tablespoon granulated sugar
 1 egg, beaten
 2 tablespoons butter
 $\frac{1}{4}$ cup quartered candied cherries
 scant $\frac{1}{2}$ cup golden raisins
 scant $\frac{1}{2}$ cup seedless raisins
 little butter for greasing tin
 2 tablespoons slivered almonds
 syrup:
 1 cup sugar
 $1\frac{1}{4}$ cups water
 2 tablespoons sweet sherry
 $\frac{1}{2}$ cup whipping cream

Combine the yeast, milk and 1 oz./25g. flour in a large bowl, beat until smooth then leave until frothy, about 20 minutes for fresh yeast, 30 minutes for dried yeast. Add remaining flour, salt, castor sugar, egg and softened butter to the yeast mixture and, using a wooden spoon, beat thoroughly for 3-4 minutes. Stir in the cherries, sultanas and raisins. Grease a 7 inch/18 cm. ring mould with a little butter and sprinkle with the almonds. Spoon mixture into the mould and cover with foil or polythene. Allow to rise in a warm place for about 45 minutes to 1 hour, until mixture almost reaches the top of the mould. Bake in a moderately hot oven (400°F, 200°C, Gas Mark 6) for about 25 minutes, until firm to the touch and golden brown. Remove from the oven and leave in the mould for 5 minutes, turn out on a wire rack to cool. To make the syrup, dissolve the granulated sugar in the water, boil for 2 minutes. Remove from the heat and stir in the sherry. Return savarin to the mould, spoon over half the syrup. Spoon over more syrup every 30 minutes until it has all been absorbed. Invert the mould on a serving dish and leave to stand for several hours, or overnight, until required. To serve, whip the cream until thick, remove mould from savarin and spoon the cream into the centre. Serves 6.



Sweets and Puddings





Plum cake with rum syrup

Imperial/Metric

4 oz./125 g. plain flour

$\frac{1}{2}$ teaspoon baking powder

$\frac{1}{2}$ teaspoon salt

3 oz./75 g. margarine

4 oz./125 g. castor sugar

3 eggs

$\frac{1}{2}$ teaspoon vanilla essence

3 oz./75 g. stoned prunes, chopped

3 oz./75 g. glacé cherries

3 oz./75 g. chopped candied peel

3 oz./75 g. sultanas

2 oz./50 g. flaked almonds

syrup:

8 oz./225 g. sugar

$\frac{1}{2}$ pint/3 dl. water

2 tablespoons rum

glacé cherries and angelica to decorate

American

1 cup all-purpose flour

$\frac{1}{2}$ teaspoon baking powder

$\frac{1}{2}$ teaspoon salt

6 tablespoons margarine

$\frac{1}{2}$ cup granulated sugar

3 eggs

$\frac{1}{2}$ teaspoon vanilla extract

generous $\frac{1}{2}$ cup chopped pitted prunes

$\frac{3}{4}$ cup chopped candied cherries

$\frac{1}{2}$ cup chopped candied peel

generous $\frac{1}{2}$ cup golden raisins

$\frac{1}{4}$ cup slivered almonds

syrup:

1 cup granulated sugar

$1\frac{1}{2}$ cups water

2 tablespoons rum

candied cherries and angelica to

decorate

Sieve the flour, baking powder and salt. Cream together the margarine and sugar until light and fluffy. Add one egg at a time, beating each in thoroughly. If mixture shows signs of curdling, beat in a little of the sieved flour. Beat in the vanilla essence. Fold in the flour, fruit and nuts. Turn the mixture into a well greased ring mould and bake in a cool oven (300°F, 150°C, Gas Mark 2) for 2½ hours. Remove from the oven and cool for 5 minutes before turning out. To make the syrup, dissolve the sugar in the water over gentle heat. Bring to the boil and continue boiling for 2 minutes. Remove from the heat and stir in the rum. Return the cake to the mould and prick the surface. Spoon over half the hot syrup and allow to stand for 30 minutes. Spoon more syrup over at intervals of one hour until it is all absorbed. Invert the cake on to a serving dish and decorate with cherries and angelica leaves.





Raisin lattice pie

Imperial/Metric

8 oz./225 g. plain flour
½ teaspoon salt
4 oz./125 g. whipped white cooking fat
2 tablespoons water
1 egg white
filling:
2 medium oranges
1 oz./25 g. cornflour
8 oz./225 g. seedless raisins
2 oz./50 g. brown sugar
2 oz./50 g. butter

American

2 cups all-purpose flour
½ teaspoon salt
½ cup whipped shortening
2 tablespoons water
1 egg white
filling:
2 medium oranges
2 tablespoons cornstarch
1½ cups dark seedless raisins
¼ cup brown sugar
¼ cup butter

Sieve the flour and salt into a bowl. Add the fat and water and mix with a fork until a ball of dough is formed. Knead lightly. Line a 9 inch/22 cm. sandwich tin with three quarters of the pastry and roll the remainder into six ½ inch/1 cm. strips. Dampen pastry edges with egg white. Grate the zest from the oranges and squeeze the juice. Make juice up to ½ pint/3 dl./1½ cups with water. Blend the cornflour with 2 tablespoons of the liquid. Boil the remainder with the raisins and sugar. Add the moistened cornflour and bring to the boil, stirring constantly. Add the butter and orange zest, cool and pour into the prepared pastry case. Place the pastry strips in a lattice pattern over the filling. Brush with egg white and bake in a moderately hot oven (400°F, 200°C, Gas Mark 6) for 30 minutes. Serve hot or cold.

Spicy carrot cake with cream cheese frosting

Imperial/Metric

4 oz./125 g. flour
 8 oz./225 g. sugar
 1 teaspoon bicarbonate of soda
 $\frac{1}{4}$ teaspoon salt
 1 teaspoon ground cinnamon
 $\frac{1}{2}$ teaspoon ground allspice
 4 fl. oz./125 ml. cooking oil
 2 eggs
 $\frac{1}{2}$ lb./225 g. finely grated raw carrots
 frosting:
 3 oz./85 g. cream cheese
 2 oz./50 g. butter
 8 oz./225 g. icing sugar, sieved
 1 teaspoon vanilla essence
 $\frac{1}{4}$ teaspoon grated nutmeg

American

1 cup all-purpose flour
 1 cup granulated sugar
 1 teaspoon baking soda
 $\frac{1}{4}$ teaspoon salt
 1 teaspoon ground cinnamon
 $\frac{1}{2}$ teaspoon ground allspice
 $\frac{1}{2}$ cup cooking oil
 2 eggs
 $1\frac{1}{4}$ cups finely grated raw carrots
 frosting:
 3 oz. package cream cheese
 $\frac{1}{4}$ cup butter
 2 cups sifted confectioner's sugar
 1 teaspoon vanilla extract
 $\frac{1}{4}$ teaspoon grated nutmeg

Grease and lightly flour one 7 inch/18 cm. deep cake tin. Sift the flour, sugar, bicarbonate of soda, salt and spices into a mixing bowl. Stir in the oil (the mixture will be very thick). Add the eggs, one at a time, beating well after each addition. Stir in the grated carrots and spread the batter evenly in the prepared cake tin. Bake in a moderate oven (350°F, 180°C, Gas Mark 4) for 45 minutes. Cool in the tin for 10 minutes then turn out on a wire rack. To make the frosting, soften the cream cheese with the butter. Beat the icing sugar, vanilla essence and nutmeg into the creamed mixture. Spread frosting on the top and sides of the cake and mark into swirls. If a thinner consistency is desired, add a little milk.

Orange gingerbread fingers

Imperial/Metric

4 fl. oz./110 ml. treacle
 2 eggs, beaten
 2 oz./50 g. candied orange peel, chopped
 2 oz./50 g. stem ginger, chopped
 grated zest and juice of 1 orange
 4 oz./125 g. castor sugar
 12 oz./350 g. plain flour
 pinch salt
 1 teaspoon bicarbonate of soda
 1 teaspoon ground cinnamon
 2 teaspoons ground ginger
 4 oz./125 g. butter
 little ginger syrup

American

$\frac{1}{2}$ cup molasses
 2 eggs, beaten
 $\frac{1}{3}$ cup chopped candied rind
 $\frac{1}{3}$ cup chopped stem ginger
 grated rind and juice of 1 orange
 $\frac{1}{2}$ cup granulated sugar
 3 cups all-purpose flour
 dash salt
 1 teaspoon baking soda
 1 teaspoon ground cinnamon
 2 teaspoons ground ginger
 $\frac{1}{2}$ cup butter
 little ginger syrup

Warm the treacle and stir in the eggs, chopped peel, chopped ginger, orange zest and juice and the sugar. Sieve the flour, salt, bicarbonate of soda and the spices into a bowl and rub in the butter. Stir in the treacle mixture and mix well. Add a little ginger syrup if necessary to give a pouring consistency. Transfer the mixture to a lined 9-inch/22 cm. square cake tin and bake in a moderate oven (325°F, 170°C, Gas Mark 3) for 1-1½ hours. Serve cut into fingers.



Hazelnut cream gâteau

Imperial/Metric

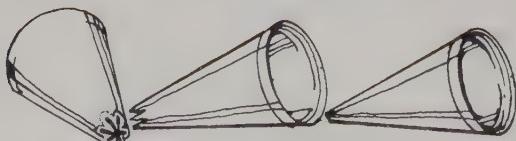
4 oz./125 g. butter
 4 oz./125 g. castor sugar
 2 eggs
 4 oz./125 g. self-raising flour
 pinch salt
 2 oz./50 g. chopped hazelnuts
 few hazelnut kernels
 $\frac{1}{2}$ pint/3 dl. double cream
 8 oz./225 g. greengage jam

American

$\frac{1}{2}$ cup butter
 $\frac{1}{2}$ cup granulated sugar
 2 eggs
 1 cup all-purpose flour
 1 teaspoon baking powder
 dash salt
 $\frac{1}{2}$ cup chopped hazelnuts
 few hazelnut kernels
 $1\frac{1}{4}$ cups whipping cream
 1 cup greengage plum jam



Cream the butter and sugar until light and fluffy. Gradually beat in the eggs, adding a teaspoon of flour with the last addition. Sieve the flour and salt and fold into the creamed mixture. Divide between two greased 7 inch/18 cm. sandwich tins and bake in a moderate oven (350°F, 180°C, Gas Mark 4) for 25-30 minutes. Cool on a wire rack. Place the chopped and whole hazelnuts on a sheet of foil and toast under a hot grill until brown. Whip the cream until thick. Spread jam on one sponge layer and cover with a little of the cream. Place the other sponge layer on top and carefully spread a thin layer of cream over the sides of the cake. Press chopped hazelnuts against the sides to coat. Cover the top of the cake with greengage jam. Place remaining cream in a piping bag fitted with a star nozzle and pipe lines of cream evenly across the cake. Pipe rosettes around the edge of the cake and top each rosette with a whole hazelnut.





Swiss roll with mincemeat cream

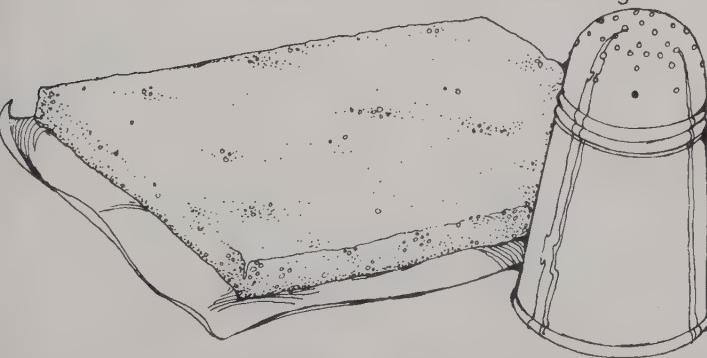
Imperial/Metric

3 large eggs
4 oz./125 g. castor sugar
3 oz./75 g. self-raising flour
1 oz./25 g. butter, melted
1 tablespoon hot water
filling:
 $\frac{1}{2}$ pint/3 dl. double cream
8 oz./225 g. mincemeat
icing sugar

American

3 large eggs
 $\frac{1}{2}$ cup granulated sugar
 $\frac{3}{4}$ cup all-purpose flour
 1 teaspoon baking powder
 2 tablespoons melted butter
 1 tablespoon hot water
 filling:
 $1\frac{1}{4}$ cups whipping cream
 1 cup mincemeat
 confectioner's sugar

Line a swiss roll tin 9 inches/23 cm. by 14 inches/35 cm. with well greased greaseproof paper. Put the eggs and sugar into a basin and whisk hard until thick. Sieve the flour and fold in with a metal spoon, then fold in the butter and hot water. Pour mixture into the prepared tin and bake near the top of a hot oven (425°F, 220°C, Gas Mark 7) for 10 minutes. Sprinkle a sheet of greaseproof paper with icing sugar. When the roll is ready turn out onto the sugar and remove the paper. Put a clean sheet of greaseproof paper on top of the cake and roll up. Leave until cool. To make the filling whip the cream and mix gently with the mincemeat so the cream still holds its shape. Carefully unroll the cake and spread the filling over. Roll up and chill for 1 hour before serving. Serves 8.





Decorated ice cream dessert

Imperial/Metric

$\frac{1}{4}$ pint/1½ dl. double cream
2 tablespoons rum
few orange segments
17 fl. oz./½ litre pack Rum
and Raisin ice cream
16 ratafia biscuits
small strip angelica

American

$\frac{1}{2}$ cup whipping cream
2 tablespoons rum
few orange segments
1 pint pack Rum and
Raisin ice cream
16 ratafia cookies
small strip angelica

Whip the cream with the rum until stiff enough to pipe. Place in a piping bag with a small rose nozzle. Have ready a few orange segments or other seasonal fruit to decorate. Chill a flat glass serving dish, turn out the icecream on to the plate and quickly pipe round the top and at both ends. Decorate with ratafia biscuits, fruit and leaves of angelica. Serve at once.

Note: This sweet can be fully prepared and put uncovered into the freezer just before serving a meal so that it can be produced when required.

Grapefruit Alaska

Imperial/Metric

2 fresh grapefruit
2 tablespoons sweet sherry
3 egg whites
3 oz./75 g. castor sugar
 $\frac{1}{2}$ teaspoon vanilla essence
4 scoops vanilla ice cream

American

2 fresh grapefruit
2 tablespoons sweet sherry
3 egg whites
 $\frac{1}{3}$ cup granulated sugar
 $\frac{1}{2}$ teaspoon vanilla extract
4 scoops vanilla ice cream

Cut the grapefruit in half, separate the segments and sprinkle with the sherry. Whisk the egg whites until soft peaks form. Gradually add the sugar, whisking until very stiff peaks form. Add the vanilla essence. At serving time, top each grapefruit half with a scoop of ice cream. Cover the ice cream with the meringue, sealing the ice cream with the meringue to the edge of the grapefruit. Place on a baking sheet in a very hot oven (475°F, 240°C, Gas Mark 9) for 3 minutes. Serve immediately.

Note: Cut a very thin slice of skin off the bottom of each grapefruit to ensure that it rests firmly on the baking sheet.

Frozen date and nut pie

Imperial/Metric

8 digestive biscuits
 $1\frac{1}{2}$ oz./40 g. butter
1 tablespoons castor sugar
1 pint/generous $\frac{1}{2}$ litre
vanilla ice cream
4 oz./125 g. chopped dates
3 fl. oz./75 ml. water
1 tablespoon sugar
2 teaspoons lemon juice
 $\frac{1}{2}$ pint/ $1\frac{1}{2}$ dl. double cream
2 tablespoons castor sugar
 $\frac{1}{2}$ teaspoon vanilla essence
1 oz./25 g. chopped walnuts

American

12 graham wafers
3 tablespoons melted butter
1 tablespoon granulated sugar
 $2\frac{1}{2}$ cups vanilla ice cream
 $\frac{2}{3}$ cup chopped dates
 $\frac{1}{3}$ cup water
1 tablespoon granulated sugar
2 teaspoons lemon juice
 $\frac{1}{2}$ cup whipping cream
2 tablespoons granulated sugar
 $\frac{1}{2}$ teaspoon vanilla extract
 $\frac{1}{4}$ cup chopped walnuts

Crush the digestive biscuits. Melt the butter and stir into the crumbs with the castor sugar. Press into an 8 inch/20 cm. pie dish and bake in a moderate oven (350°F, 180°C, Gas Mark 4) for 5 minutes. Cool. Stir the ice cream to soften and spoon into the biscuit crust. Place in the freezer. Combine the dates, water and sugar in a small saucepan. Cover and cook for 5 minutes or until soft. Stir in the lemon juice and let cool. Spread half the date mixture over the ice cream. Whisk the cream lightly: fold in the castor sugar, vanilla essence, chopped walnuts and remaining date mixture. Spread over the date mixture in the biscuit crust. Freeze. Serves 6-8.

Orange sundaes flambés

Imperial/Metric

3 large oranges
1 oz./25 g. dates, chopped
4 fl. oz./125 ml. orange juice
1 oz./25 g. flaked almonds, toasted
2 tablespoons Cointreau
2 tablespoons brandy
8 scoops vanilla ice cream

American

3 large oranges
 $\frac{1}{4}$ cup chopped dates
 $\frac{1}{2}$ cup orange juice
 $\frac{1}{4}$ cup toasted flaked almonds
2 tablespoons Cointreau
2 tablespoons brandy
8 scoops vanilla ice cream

Peel the oranges, removing all the white pith. Dice the orange flesh and combine with the chopped dates and orange juice. Allow to stand for 1 hour. At serving time, pile up the scoops of ice cream in a serving-dish. Pour the orange and date sauce into a chafing dish and heat until slightly thickened. Stir in the toasted almonds. Warm the Cointreau and brandy. Pour over the sauce and ignite. Ladle the flaming orange sauce over the ice cream.

Hostess specials

Toiling over puddings may not be your forte, but some delightful home-made delicacies need no cooking. Making mincemeat is merely an assembly task, and even the tiresome chore of mincing the fruit can be omitted. Chop, grate, squeeze and stir all together; then it is ready to pot. Petits four have always been expensive, and some are rather elaborate confections. Using packet almond paste, these exotic little numbers are quick to make and cost far less than those bought from a continental patisserie.

As for glacé fruits, I have always wondered why my guests regard these with awe. Anyone who can boil sugar and water and is deft enough not to burn her fingers with the caramel can make them in a few minutes. But the paper sweet cases do add a professional touch.

Glacé fruits

Imperial/Metric

- 1 seedless satsuma or clementine
- 3 oz./75 g. sugar
- 3 tablespoons water
- 12 black grapes

American

- 1 seedless satsuma or clementine
- $\frac{1}{3}$ cup granulated sugar
- 3 tablespoons water
- 12 Tokay grapes

Peel the satsuma and divide into segments, removing as much white pith as possible. Place the sugar and water in a small saucepan and bring slowly to the boil making sure that the sugar dissolves before the mixture boils. Once sugar has dissolved do not stir. Boil until syrup just begins to turn pale straw colour. Immediately drop pieces of fruit one at a time into the syrup, removing with two skewers onto a board. Spoon any remaining syrup over the fruit before it sets. Place in paper sweet cases before completely cold and set to avoid them sticking to the board.



Marrons glacés

Imperial/Metric

2 lbs./1 kg. large chestnuts
 1 lb./450 g. sugar
 $\frac{1}{2}$ pint/3 dl. water
 pinch cream of tartar
 2 teaspoons vanilla essence
 second syrup:
 1 lb./450 g. sugar
 $\frac{1}{4}$ pint/1 $\frac{1}{2}$ dl. water
 1 teaspoon vanilla essence

American

2 lb. large chestnuts
 2 cups granulated sugar
 $1\frac{1}{4}$ cups water
 pinch cream of tartar
 2 teaspoons vanilla extract
 second syrup:
 2 cups sugar
 generous $\frac{1}{2}$ cup water
 1 teaspoon vanilla extract



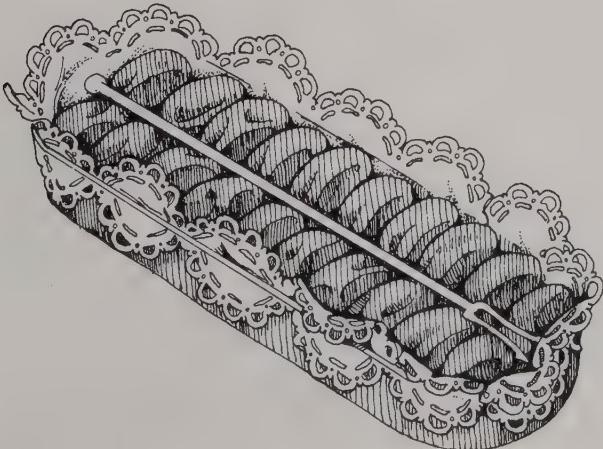
Petits fours

Imperial/Metric

4 oz./125 g. fresh or boxed dates
 8 oz./225 g. marzipan
 red and green food colourings
 4 oz./125 g. plain chocolate

American

$\frac{3}{4}$ cup whole dates
 8 oz. almond paste
 red and green food colorings
 4 oz. bitter chocolate



Slit the shells and boil the chestnuts for 5 minutes only. Skin, cook until tender in sufficient water to cover, flavoured with the vanilla essence. Make a syrup with the sugar, water and cream of tartar. Boil to the thread stage (225°F, 119°C). Add the chestnuts and boil for 1 minute. Remove from the heat, leave chestnuts to soak for 24 hours, drain. Make the second syrup with the sugar, water and vanilla essence. Boil to the firm ball stage (250°F, 126°C). Add the chestnuts, coat well with the syrup, remove with a slotted spoon and space out to dry on a sheet of foil. If liked, spoon a little extra syrup over each one. Wrap individually in foil.

Note: The remaining syrups need not be wasted. Combine them, heat slowly and re-dissolve, add a small knob of butter and 2 tablespoons rum. Peel and slice 4 bananas lengthwise, arrange in a buttered shallow ovenproof dish, pour over the rum syrup and bake in a hot oven (425°F, 220°C, Gas Mark 7) for 10 minutes.

Stone the dates. Keep aside two thirds of the marzipan and use the remaining third to roll into small shapes, the same size as the date stones and use to stuff the dates. Divide the remaining marzipan into three. Leave one third plain and colour the other two portions with red and green colouring respectively by patting out the marzipan, sprinkling with a few drops of the colouring and working this in by kneading it until paste is evenly coloured. Roll out all three pieces between your hands into ropes about 6 inches/15 cm. long. Press two ropes close together on a board, and place the third rope between them on top. Make sure the different colours are firmly pressed together. Melt the chocolate in a basin over a pan of hot water. Pour over the marzipan roll, spread with a palette knife and allow to set. When quite dry, pass a palette knife under the roll to loosen it and cut into $\frac{1}{2}$ inch/1 cm. slices diagonally with a sharp knife. Place the stuffed dates and marzipan slices in paper cases.

Hostess Specials

Brandied mincemeat

Imperial/Metric

1½ lbs./¾ kg. cooking apples
8 oz./225 g. mixed candied peel
4 oz./125 g. blanched almonds
8 oz./225 g. glacé cherries
1 orange
1 lemon
1 lb./450 g. currants
1 lb./450 g. seedless raisins
1 lb./450 g. demerara sugar
1 lb./450 g. shredded suet
½ teaspoon salt
½ teaspoon mixed spice
1 teaspoon grated nutmeg
¼ pint/1½ dl. brandy

American

1½ lbs. baking apples
2 cups mixed candied peel
1 cup blanched almonds
2 cups candied cherries
1 orange
1 lemon
2½ cups currants
generous 3 cups seedless raisins
2 cups brown sugar
2¾ cups finely chopped suet
½ teaspoon salt
½ teaspoon mixed spice
1 teaspoon grated nutmeg
½ cup brandy

Peel, core and chop apples. Finely chop the peel, almonds, and cherries. Grate the zest from the orange and lemon, and squeeze the juice. Stir all the ingredients together until well blended. Cover, and allow to stand for 2 days. Pack into clean jars and seal as for jam. Makes approximately 7 lbs.

Note: To make a finer mincemeat, put all the dried and candied fruit through the mincer. To make the flavour of your mincemeat even richer, small amounts of fruit liqueur and fortified wines can be used instead of part of the brandy, or the fruit juice. Add a little extra sugar when using mincemeat for cooking. Keeps well for one year, and requires at least 1 month to mature, otherwise a suety flavour may predominate.



Seasonal home freezing

This is the time of the year when hearty soups, warming casseroles and similar dishes are called for to combat the cold.

Cooking a casserole in the oven becomes more economical if you double the quantity, serve one portion right away, and freeze a second portion for later use. Think of the savings in fuel and your energy.

The main event during the winter season is Christmas and if you have family and friends to stay during that time you do not want to be slaving away in the kitchen. By following the pre-Christmas preparation plan on page 83, and freezing the fare beforehand you will be able to relax and enjoy your Christmas entertaining.

Beef ragoût with sweetcorn

Imperial/Metric

- 1½ lb./¾ kg. chuck steak
- 1 tablespoon dripping or lard
- 2 medium onions, chopped
- 4 medium carrots, chopped
- 1 tablespoon flour
- 1 pint/6 fl. hot beef stock
- 2 teaspoons tomato purée
- 1 clove garlic
- salt and pepper
- 1 bay leaf
- 1 tablespoon chopped parsley
- 4 oz./100 g. frozen sweetcorn.

American

- 1½ lb. chuck steak
- 1 tablespoon dripping or lard
- 2 medium onions, chopped
- 4 medium carrots, chopped
- 1 tablespoon flour
- 2½ cups hot beef broth
- 2 teaspoons tomato paste
- 1 clove garlic
- salt and pepper
- 1 bay leaf
- 1 tablespoon chopped parsley
- 1 cup frozen kernel corn

Trim the meat and cut it into large cubes. Melt the dripping in a flameproof casserole and fry the cubes of meat briskly until browned on all sides. Transfer to a plate and add the prepared vegetables to the casserole. Fry slowly until the vegetables begin to colour. Pour away the surplus fat, to leave about 1 tablespoon in the casserole. Add the flour and stir well, scraping the bottom of the casserole. Add the stock, tomato purée, garlic (crushed with 1 teaspoon salt), seasoning, bay leaf and meat. Bring to the boil, stirring, then cover with the lid and simmer for 1½-2 hours, until the meat is tender. Add sweetcorn and parsley for last 10 minutes. Alternatively, the ragoût may be cooked in a moderate oven (350°F, 180°C, Gas Mark 4). Stir in the chopped parsley and serve hot.

To freeze: Cool, cover surface with freezer film, cover with the lid, and label. When frozen, remove casserole lid. (If preferred, transfer the ragoût to a polythene container, seal and label.)

To serve: Remove freezer film. Reheat, from the frozen state, in a moderate oven (350°F, 180°C, Gas Mark 4) for 45 minutes—1 hour. Remove the bay leaf before serving. Serves 6.

(The Pyroflam casserole shown in the picture opposite can be taken straight from the freezer to the oven without any danger of it cracking.)





Reorganising ready for Christmas

At Christmas, and other times during the year, when you will be called upon to do some special catering, possibly for a large number, your freezer will be worth its weight in gold.

A certain amount of pre-planning is necessary in order to ensure that the Christmas entertaining will go off without a hitch, but it is time well spent and will leave you free to enjoy the company of your guests without being reduced to a state of nervous exhaustion.

Go through your freezer log and make a note of all the items (including blanched and non-blanchered vegetables, made-up dishes—sweet and savoury—cakes, bread and scones) which have been in the freezer for the last 9-12 months, and endeavour to plan your menus for the next few weeks with those foods in mind. Decide what you will need for Christmas in the way of made-up dishes. Look out any special recipes and start to make detailed shopping and preparation lists.

Defrosting the freezer: When the stocks in your freezer are reasonably low is the time to defrost it. (Naturally, the best time is when the freezer is completely empty, but that is a counsel of perfection.)

To defrost the freezer, switch it off at the mains, remove all the packages and, depending on how many you have, place them in the freezing compartment of the refrigerator, in insulated bags, or sacks (available from freezer-food centres) or wrap in several layers of newspaper and place them all together in a stout box. Place in the coolest spot—a garage, outhouse or spare bedroom. Take out the removable baskets and shelves (if yours is an upright) from the freezer and place a layer of foam plastic or an old sheet in the bottom. Allow the build-up of frost to soften, then, with a plastic scraper gently scrape the frost from the inside walls and immovable shelves of the freezer. Never use a knife or other sharp instrument which would cause damage to the interior of the cabinet. It is also advisable to wear a pair of rubber gloves for this operation. When all the frost has been scraped off and has collected in the bottom, simply lift out the foam plastic or sheet and squeeze it dry. Mop up any remaining water and wipe the interior with a bicarbonate of soda solution (1 tablespoon bicarbonate of soda to 2 pints/generous litre water). Now wipe dry with a clean, dry tea towel. To hasten the defrosting, a bowl of hot water may be placed in the freezer. Close the lid, or door, switch on again and allow the inside of the cabinet to drop to the required temperature—this will take about 1 hour—before re-packing the food into the freezer. See the freezer hints on page 83.

If any strong-smelling foods (Brussels sprouts and broccoli, in particular) have been stored in the freezer and you still detect an unpleasant smell in the cabinet, use the following solution to wipe out the inside: 1 tablespoon bicarbonate of soda, $\frac{1}{2}$ pint/3 dl./ $1\frac{1}{4}$ cups vinegar to 8 pints/ $4\frac{1}{2}$ litres/9 pints water.

If your freezer has an automatic defrosting cycle it is not necessary to empty it for the defrosting process. The defrosting cycle takes place automatically at certain periods, while the freezer is in operation, thus prohibiting the build-up of any frost. All that is necessary is for the tray of water to be emptied.

The exterior of the freezer can be kept clean and shiny by wiping it over with white furniture cream or spray-on polish. Tempting as it may be, avoid using the top of a chest freezer as a storage area. Not

only will it become scratched, but it makes life difficult to have to clear the top of the freezer before you can get into it.

Freezer hints: When re-packing the food into the freezer after defrosting, remember to leave areas which are easily accessible for the Christmas stocks which you will be preparing in the coming weeks. If you intend purchasing a frozen turkey and have an upright freezer, you may need to re-arrange the shelves in order to accommodate it, particularly if you are buying a large turkey. Leave the baskets of a chest freezer and the fast-freeze compartment empty, ready for the new arrivals.

Labelling: It is important that every package which is put into a freezer is labelled, but with the Christmas stocks it is a good idea to have a special labelling system. For example, use the same colour labels for all Christmas stocks and for special party fare. Seal packages with special adhesive tape on which you can write the date and contents. A good way of keeping all the Christmas packages together, especially in a chest freezer, is to place them in one basket, batching bag or carrier bag and label accordingly. For clear and easy-to-read labels, punch-printed ones are excellent. The small Dymos which punch out the labels are not expensive to purchase, and as well as labels for freezer packages, they can also be used to make labels for kitchen storage jars. Different coloured tapes are available so that you can carry out your colour coding system.

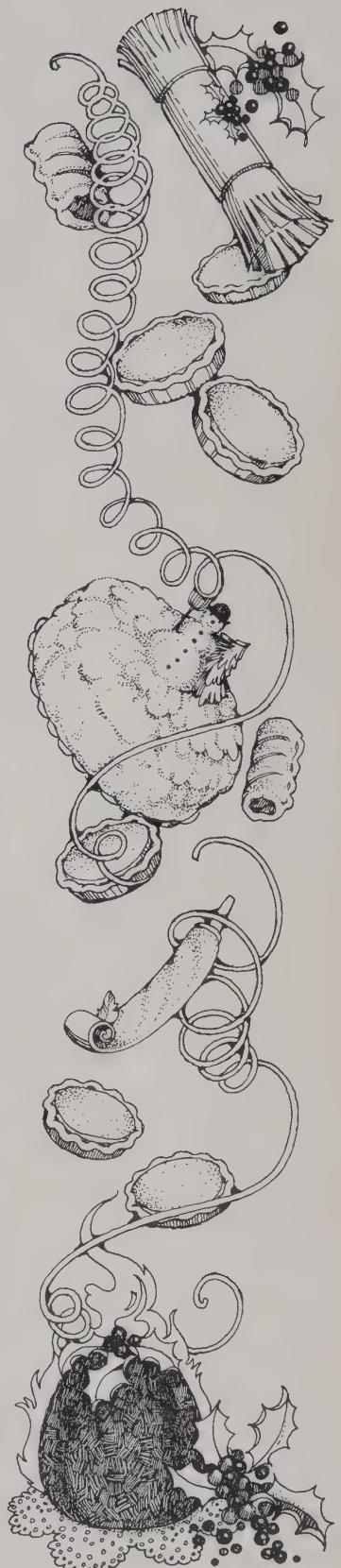
Freezing ahead for the holidays

During the two weeks before Christmas start to prepare and freeze the dishes for the holiday period. Cross the dishes off your preparation list once they are in the freezer, and remember to enter them in your freezer log.

Bread sauce: This can be made and stored in the freezer in a polythene container, leaving a headspace.

Poultry stuffings: Your chosen stuffings can be prepared and stored, wrapped in freezer foil. It is not a good idea to stuff poultry before freezing. Stuffings suitable for turkey and chicken include chestnut, and parsley and thyme (forcemeat); for goose and duck, sage and onion. Fresh breadcrumbs which you will need for the above two items can have been made from left-over pieces of white bread in the preceding weeks. Freeze the breadcrumbs in a polythene container or bag sealed with a twist tie. By far the quickest way of making breadcrumbs is to place cubes of bread in the liquidiser where they can be reduced to fine breadcrumbs at a flick of the switch. Alternatively, rub the bread through a sieve, or rub it on a grater to make the crumbs.

Sausage rolls and mince pies: This is another time-consuming job which can be got out of the way in the two weeks prior to Christmas. Make some small sausage rolls, which are ideal to serve with drinks, from either defrosted frozen puff pastry or the chilled puff pastry which is available from some supermarkets. Place them (unbaked) in a polythene container, with foil or cardboard dividers to enable you to remove only as many as you may require at a time. Place the frozen rolls straight on a baking sheet, brush with beaten egg and bake off in a hot oven (425°F, 220°C, Gas Mark 7) for 15-20 minutes. If liked, a couple of slits may be made in the top of each sausage roll after they have been glazed.



Mince pies are nicest made with an enriched short pastry—8 oz./225 g./2 cups plain flour, 5 oz./150 g./generous $\frac{1}{2}$ cup butter, 1 egg yolk and 1 tablespoon castor sugar dissolved in 2 teaspoons water—particularly if you intend to serve sausage rolls made with puff pastry. Again, store the mince pies unbaked, to enable you to bake them off as required in a moderately hot oven (400°F, 200°C, Gas Mark 6) for 25–30 minutes. 8 oz. flour etc. will make 8–12 mince pies, depending on the size. When preparing mince pies for the freezer, open freeze them in the patty tins, then remove from the tins and pack. Serve with a sprinkling of castor or icing sugar, and with brandy or Cumberland butter.

Brandy butter: This is delicious served with mince pies and the Christmas pudding. Beat together 6 oz./175 g./ $\frac{1}{3}$ cup unsalted butter and 8 oz./225 g./2 cups sieved icing sugar until light and creamy. Beat in brandy to taste—do not use your best brandy for this, the cheaper variety will do—and pack the mixture in polythene containers. Seal and label. A nice touch when serving the brandy butter is to spike the surface with slivered almonds. With the freezer as your friend and ally, it is no trouble to add these little extras when entertaining.

Cumberland butter: Carefully melt 8 oz./225 g./1 cup unsalted butter over a low heat without allowing it to froth or brown. Place 1lb./450 g./2 cups soft brown sugar and a pinch of nutmeg in a bowl. Pour in 3 tablespoons rum and mix well. Gradually add the melted butter, beating the mixture with a wooden spoon until it begins to harden. Pack in polythene containers, seal, label and store in the freezer until required.

Freezing citrus fruits

These may be frozen in various ways, depending on the time you have available and how you intend to use the frozen fruit. For example, whole Seville oranges may be frozen for marmalade making. Orange and grapefruit segments may be frozen in a sugar syrup and used in a fruit cocktail or salad; for decorating cheesecakes and gâteaux or for adding to fruit cups. The citrus fruit juice may be frozen in ice cube trays and the cubes packed in a polythene bag—ideal for use in drinks and for recipes which call for fresh orange, lemon or grapefruit juice. The grated zest may be mixed with castor sugar, stored in polythene containers and used in baking recipes.

Syrup pack: For citrus fruits, a 40% syrup, i.e. 11 oz./300 g./generous $1\frac{1}{4}$ cups granulated sugar to 1 pint/6 dl/ $2\frac{1}{2}$ cups water is ideal as it helps to counteract any sharpness in the fruit without making it too sweet for future use. To make the syrup, place the sugar and water in a pan over low heat. Slowly bring to the boil and allow the sugar to dissolve completely, then boil for 2–3 minutes. Cool, then chill overnight in the refrigerator before using. Peel the fruit, divide into segments, removing the pips and membranes. Place the prepared fruit in polythene containers and pour over sufficient syrup just to cover the fruit. Leave a $\frac{1}{2}$ inch/1 cm. headspace, and as fruit tends to rise in a syrup pack, place a piece of crumpled foil in the top of the container before sealing and labelling. The foil will freeze into the syrup, but can be easily removed on defrosting.

Freezing citrus fruits whole: Wash, dry and pack the fruit in polythene bags. Label and seal with a twist tie. While the fruit is frozen it is easy to grate the zest from grapefruit, lemons and oranges for use in baking recipes.



Concentrated soups

Soups are great for entertaining hungry guests, feeding a growing family and providing a quick and nourishing lunch. Storing the basis for different soups, in concentrated form, in the freezer will enable you to produce a good soup with the addition of milk, milk and water, or milk and cream. It is also economical on freezer storage space—a consideration, particularly at Christmas time.

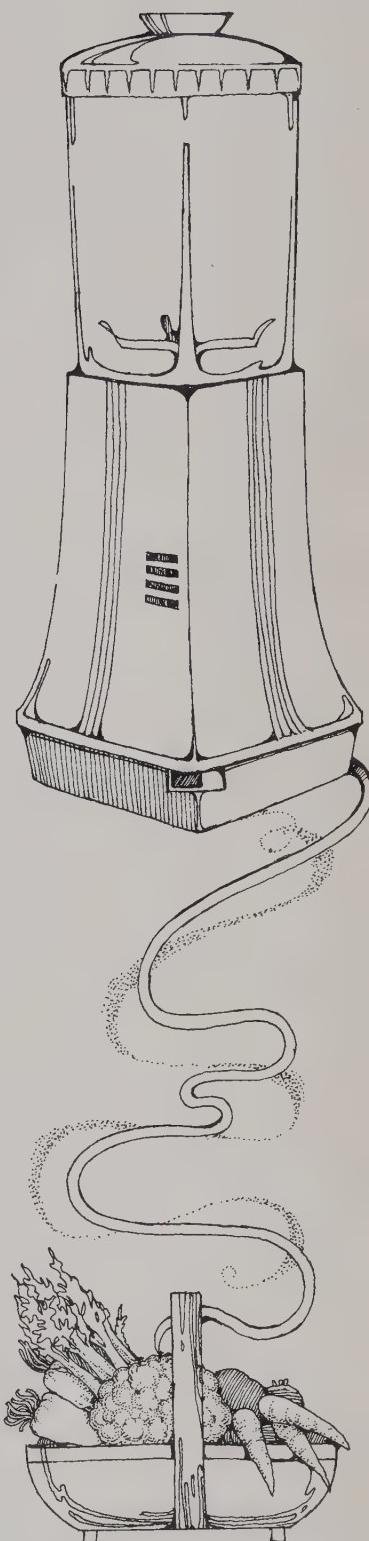
A liquidiser is an asset in making soups, preventing wastage of ingredients, but it is possible to make them by pressing the vegetables through a sieve, or by using a Mouli soup mill. This removes traces of coarse fibres, tomato seeds, etc.

To make the basis for a vegetable soup: Melt 2 oz./50 g./2 tablespoons of butter in a frying pan and sauté 1 lb./450 g. chopped vegetables (a mixture of onion, carrots, leeks and celery) until softened, but not browned. Add $\frac{1}{2}$ pint/3 dl./ $1\frac{1}{2}$ cups stock and simmer over a moderate heat until the vegetables are cooked. Add seasoning and a pinch of herbs, if liked. Allow the mixture to cool slightly before liquidising or sieving. Cool, then pack the purée in polythene containers, leaving a headspace. Seal and label.

To serve the soup, gently reheat the purée in a pan, stirring to avoid sticking. Add an equal amount of liquid—milk, or milk and water—bring just to the boil and check the seasoning. Cream and chopped parsley may be stirred in just before serving the soup.

Broad beans, cauliflower florets, potatoes, celery, leeks, mushrooms and carrots can all be used as a soup basis. Avocado pears also make a good soup, particularly overripe ones which are not suitable to serve as a starter. The method for avocado soup is slightly different. Peel the avocados, halve and remove the stones. Mash to a purée (if the avocados are soft they can be mashed in a bowl with a fork) and add seasoning, and lemon juice to prevent discolouration. Freeze in polythene containers. To make the soup, reheat the purée gently, stirring to avoid sticking, and add sufficient milk and chicken stock to make the required consistency. Serve with a swirl of cream in each portion. Avocado soup can also be served chilled. This way it makes a good starter, particularly if you are serving hot second and third courses. Most vegetable soups, in fact, are delicious served chilled.

Purées of root vegetables: Now that root vegetables are in season it makes good sense to freeze them down for future use. A purée takes far less space in the freezer than prepared, blanched vegetables. Prepare the vegetables (young parsnips and turnips, carrots) according to type and cook in boiling, salted water until tender. Drain well and mash to a purée, adding more seasoning, if liked. Ground black pepper goes well with parsnips, turnips and carrots. Alternatively, try a sprinkling of ground nutmeg. Sautéed chopped onion blended to a purée is a useful standby in the freezer for use in stuffings. Jerusalem artichokes, which are available at this time of the year, may also be prepared as parsnips etc. and stored as a purée. When storing purées, remember to leave a small headspace in the container. To serve the vegetables, transfer to a pan and reheat over a low heat, with a knob of butter, stirring to prevent sticking. Vegetable purées go well with roast meats, poultry and game. They may also be served with casseroles, but in order to give a contrast of textures to the meal do not serve creamed potatoes as well. Boiled or jacket potatoes would be better in this case.



How to freeze nuts

Shelled almonds, walnuts, hazelnuts, brazils, peanuts and cashews all freeze well and you will be surprised at the good results. However, it is better to add salt on defrosting rather than freeze them with the salt added. They may be frozen whole, chopped or slivered for use in teabreads, cakes and scones. Another method is to sauté them in heated butter with a little oil added to prevent the butter from burning. Drain on absorbent paper and allow to cool before packing and sealing in polythene containers. The different varieties can be frozen in separate containers or frozen together as mixed nuts. For salted nuts, toss the defrosted nuts in salt, or sprinkle generously with sea salt.

Coffee and nut ice cream

Imperial/Metric

2 eggs
4 tablespoons sieved icing sugar
2 tablespoons coffee essence
 $\frac{1}{4}$ pint/ $1\frac{1}{2}$ dl. double cream
2 oz./50 g. walnuts or hazelnuts, coarsely chopped

American

2 eggs
5 tablespoons sifted confectioners' sugar
3 tablespoons strong black coffee
 $\frac{2}{3}$ cup heavy cream
1 cup coarsely chopped walnuts or hazelnuts

Separate the eggs and whisk the whites until stiff. Fold in the sieved icing sugar. Whisk the egg yolks and coffee essence together. Combine the two mixtures, beating gently. Whip the cream until slightly thickened, then fold into the mixture together with the chopped nuts. Spoon the mixture into freezing trays, or a polythene container.

To freeze: Seal, label and place in the freezer. This ice cream does not need any further beating.

To serve: Allow to soften slightly before scooping out of the container. Serve sprinkled with a few extra chopped nuts and chocolate sauce, if liked.

Date and walnut teabread

Imperial/Metric

12 oz./350 g. self-raising flour
 $\frac{1}{4}$ teaspoon mixed spices
4 oz./100 g. butter or margarine
2 oz./50 g. castor sugar
2 oz./50 g. walnuts, chopped
2 oz./50 g. dates, chopped
1 egg
 $\frac{1}{4}$ pint/ $1\frac{1}{2}$ dl. milk
1 tablespoon black treacle

American

3 cups all-purpose flour sifted with 3 teaspoons baking powder
 $\frac{1}{4}$ teaspoon mixed spice
 $\frac{1}{2}$ cup butter or margarine
 $\frac{1}{4}$ cup granulated sugar
 $\frac{1}{2}$ cup chopped walnuts
 $\frac{1}{4}$ cup chopped dates
1 egg
 $\frac{2}{3}$ cup milk
1 tablespoon molasses

Sieve the flour and mixed spices into a bowl. Rub in the butter until the mixture resembles fine breadcrumbs. Stir in the sugar, walnuts and dates. Lightly beat the egg and milk together, and add to the dry ingredients with the treacle. Beat the mixture thoroughly with a wooden spoon until well mixed. Spoon into a 2 lb./1 kg. loaf tin, previously lined at the base with greaseproof paper and brushed with melted fat. Bake in a moderately hot oven (350°F, 180°C, Gas Mark 4) for 1- $1\frac{1}{4}$ hours, until nicely risen and firm to the touch. Leave in the tin for a few minutes, then turn out and cool on a wire tray.

To freeze: Wrap in freezer foil, or place in a polythene bag. Seal and label.

To serve: Remove the wrapping and thaw at room temperature for about 1 hour. Serve in slices spread with butter.

Using left-over turkey

There are many ways of using up the cooked turkey meat when you feel you have had enough served cold with sauces, pickles and relishes. The darker meat from the legs and wings is ideal for use in the following recipes. Cooked turkey meat may also be turned into a curry, added to a white sauce and used as a savoury filling for pies, pancakes or vol-au-vents; a pilaff or risotto, a savoury mousse, or minced and perhaps mixed with minced ham to make a turkey and ham loaf or patties. Prepare a selection of these cooked dishes and store them in the freezer for future use. Finally, to ensure that all the turkey is utilised, make stock for the freezer from the carcass. When cold, freeze some in polythene containers (remember to leave a headspace) and some as frozen cubes — the cubes of concentrated stock will be ideal for adding to, and enriching, sauces and poultry casseroles.

Turkey and noodle casserole

Imperial/Metric

3 oz./75 g. butter
about 1 oz./25 g. flour
1 pint/6 dl. turkey stock
 $\frac{1}{2}$ pint/3 dl. single cream
6 tablespoons dry white wine
3 oz./75 g. grated Parmesan cheese
12 oz./350 g. mushrooms, sliced
8 oz./225 g. noodles
1 $\frac{1}{2}$ -2 lb./ $\frac{3}{4}$ -1 kg. cooked turkey meat, chopped
salt and pepper

American

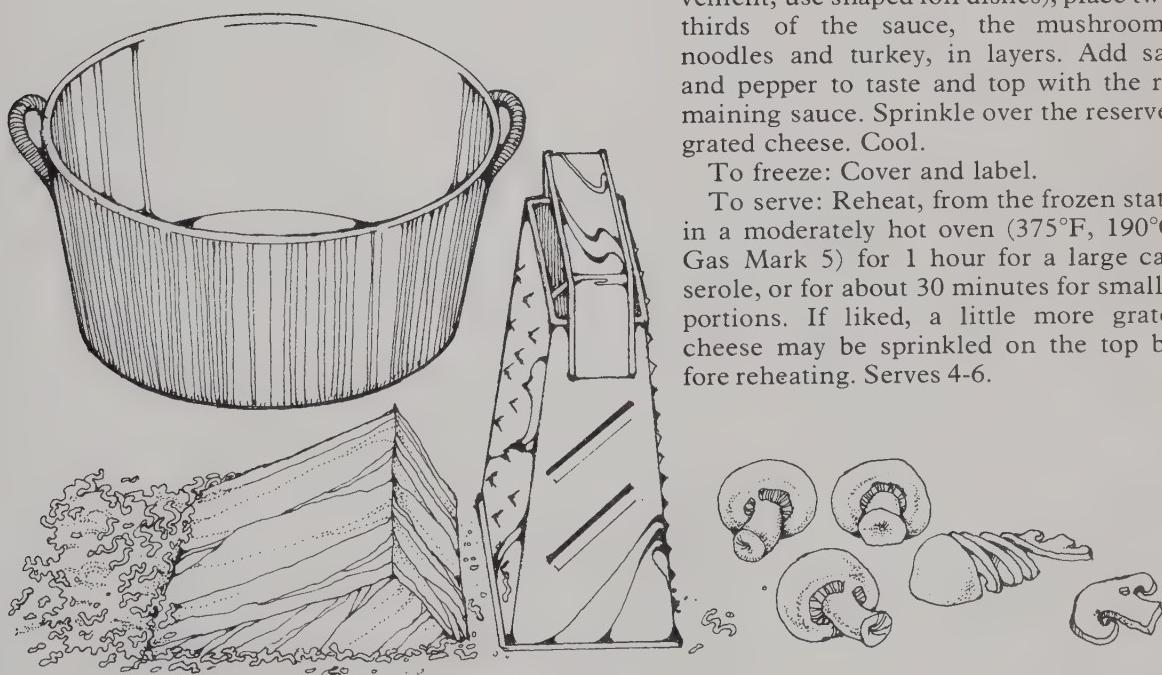
6 tablespoons butter
5 tablespoons flour
 $\frac{1}{2}$ cups turkey stock
 $1\frac{1}{2}$ cups coffee cream
 $\frac{1}{2}$ cup dry white wine
 $\frac{3}{4}$ cup grated Parmesan cheese
3 cups sliced mushrooms
 $\frac{1}{2}$ lb. noodles
3-4 cups chopped cooked turkey meat
salt and pepper

Melt 1 oz./25 g./2 tablespoons of the butter in a pan and stir in the flour. Cook for 2-3 minutes, stirring, to prevent the flour from becoming brown. Gradually stir in the stock. Bring to the boil over a moderate heat, stirring until thickened. Stir in the cream and wine and reheat, but do not allow to boil. Stir in 2 oz./50 g./ $\frac{1}{2}$ cup of the cheese. Melt the remaining butter in a frying pan and sauté the mushrooms until lightly browned. Cook the noodles in a pan of boiling, salted water until just tender. Drain well.

In a large casserole (or, if more convenient, use shaped foil dishes), place two-thirds of the sauce, the mushrooms, noodles and turkey, in layers. Add salt and pepper to taste and top with the remaining sauce. Sprinkle over the reserved grated cheese. Cool.

To freeze: Cover and label.

To serve: Reheat, from the frozen state, in a moderately hot oven (375°F, 190°C, Gas Mark 5) for 1 hour for a large casserole, or for about 30 minutes for smaller portions. If liked, a little more grated cheese may be sprinkled on the top before reheating. Serves 4-6.



Freezing

Turkey and artichoke savoury

Imperial/Metric

1 oz./25 g. butter
4 oz./100 g. mushrooms,
sliced
 $\frac{1}{2}$ oz./15 g. flour
 $\frac{1}{2}$ pint/1 $\frac{1}{2}$ dl. turkey stock
2 tablespoons sherry
pinch dried rosemary
salt and pepper
 $\frac{1}{2}$ teaspoon paprika pepper
1 lb./450 g. cooked turkey
meat, chopped
1 lb./450 g. can artichoke
hearts, drained

American

2 tablespoons butter
1 cup sliced mushrooms
2 tablespoons all purpose flour
 $\frac{2}{3}$ cup turkey stock
3 tablespoons sherry
dash dried rosemary
salt and pepper
 $\frac{1}{2}$ teaspoon paprika pepper
2 cups chopped cooked
turkey meat
1 lb. can artichoke hearts,
drained

Melt the butter in a pan and sauté the mushrooms until lightly browned. Sprinkle in the flour and cook for a further 1-2 minutes, stirring. Gradually add the stock and sherry, stirring. Add the rosemary and seasoning. Place the turkey and drained artichoke hearts in a casserole, or shaped foil container, and pour over the mushroom mixture. Cool.

To freeze: Cover and label.

To serve: Reheat, from the frozen state, in a moderately hot oven (375°F, 190°C, Gas Mark 5) for about 30 minutes, adding a little extra stock if necessary.

Turkey with glazed chicory

Imperial/Metric

1 lb./450 g. chicory,
trimmed
1 lb./450 g. cooked
turkey, chopped
1 tablespoon vinegar
8 oz./227 g. can tomatoes
1 oz./25 g. butter
1 oz./25 g. demerara sugar
 $\frac{1}{2}$ teaspoon dried oregano
salt and pepper

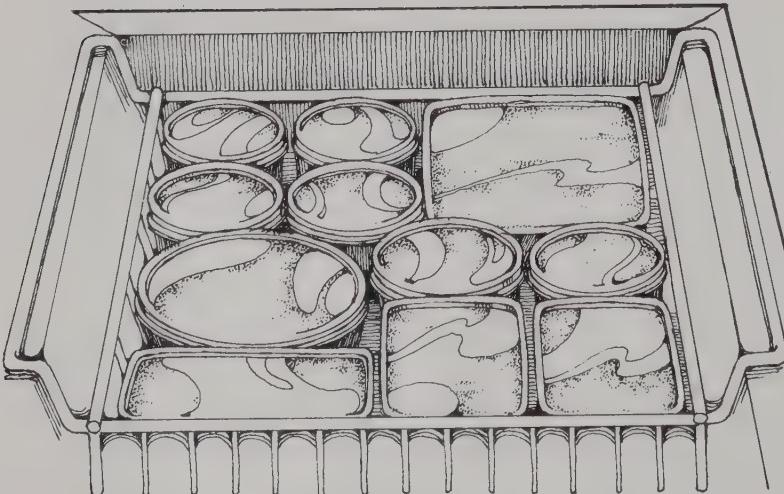
American

1 lb. Belgian endive,
trimmed
1 lb. cooked turkey,
chopped
1 tablespoon vinegar
1 cup canned tomatoes
2 tablespoons butter
2 tablespoons brown sugar
 $\frac{1}{2}$ teaspoon dried oregano
salt and pepper

Cook the chicory heads in boiling salted water until just tender but not soft, and add the vinegar to avoid discolouration. Drain, mix with the turkey, place in an ovenproof serving dish. Heat the tomatoes with the butter, sugar, herbs and seasoning to taste and simmer for 3 minutes. Sieve and pour over the chicory, to coat well. Cool.

To freeze: Cover and label.

To serve: Reheat from the frozen state, in a moderately hot oven (375°F, 190°C, Gas Mark 5) for about 30 minutes.



Winter party plan – Making Christmas a pleasure

Every hostess cooks for compliments at Christmas, but not necessarily because hers are the best baked mince pies or the most evenly browned turkey. Guests will welcome the originality of your catering if you offer a choice of these more unusual dishes and drinks.

Christmas Eve: When friends or relatives drop in on Christmas Eve, serve Cranberry rosé or Gourmet egg flip with hot or cold hors d'oeuvre.

Cranberry rosé

Imperial/Metric

1 lb./450 g. cranberries
 1½ pints/scant 1 litre water
 10 oz./275 g. castor sugar
 ½ teaspoon salt
 ¼ pint/1½ dl. orange juice
 2 fl. oz./50 ml. lemon juice
 1½ pints/1 litre rosé wine

American

1 lb. cranberries
 4 cups water
 1½ cups granulated sugar
 ½ teaspoon salt
 ½ cup orange juice
 ¼ cup lemon juice
 1 litre rosé wine

Cook the cranberries in the water until tender. Strain and add the sugar and salt to the juice. Bring to the boil, stirring until the sugar is dissolved. Add the fruit juices. Chill. Just before serving add the rosé wine.

Gourmet's egg flip: For each serving beat one egg yolk with a tablespoon of sugar, 2 fl. oz./50 ml. double cream and 2 fl. oz./50 ml. rum, whisky or brandy. Fold in one stiffly beaten egg white and a few grains of salt. Sprinkle with cinnamon or nutmeg.

Hors d'oeuvre: Spear on cocktail sticks:

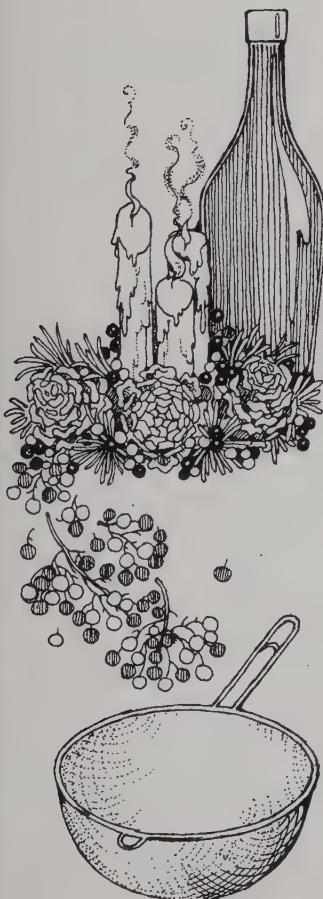
- avocado cubes dipped in lemon juice
- pineapple pieces and Camembert cheese cubes
- melon or cucumber fingers wrapped in paper-thin roast beef slices
- prawns dipped in curried mayonnaise
- apple wedges dipped in lemon juice with blue cheese cubes
- cheese cubes with pickled onions rolled in toasted breadcrumbs
- banana fingers dipped in lemon juice and rolled in chopped nuts

Spreads for savoury biscuits:

- sardines mashed with lemon juice and sprinkled with paprika
- crumbled blue cheese on thin tomato slices spread with mayonnaise
- cream cheese sprinkled with chopped nuts
- chopped prawns and chicken livers garnished with capers
- Camembert cheese and finely chopped dill pickle
- chopped prawns mixed with mayonnaise and topped with pineapple pieces
- tuna fish mashed with cream cheese and lemon juice
- minced ham and Dijon mustard

Unusual hot hors d'oeuvre:

- spread toast triangles with grated Cheddar cheese mixed with mayonnaise. Sprinkle with paprika pepper and grill until bubbly and brown.
- heat contents of a small can of drained cocktail sausages in two tablespoons prepared mustard mixed with 4 tablespoons red currant jelly. Spear on cocktail sticks when hot
- spoon creamed chicken into small profiteroles and heat in a moderately hot oven (400°F, 200°C, Gas Mark 6) for 10 minutes



Party Plan

- add flaked crabmeat and sweet corn to cheese sauce and spoon into tiny vol-au-vent cases. Heat in a moderately hot oven (400°F, 200°C, Gas Mark 6) for 10 minutes or until heated through
- spread tuna fish mixed with mayonnaise and finely chopped celery on thinly sliced buttered bread. Roll up and slice into pinwheels. Chill, brush lightly with melted butter and grill until nicely browned
- marinate chicken livers for one hour in soy sauce with a pinch of ginger and curry powder. Drain, wrap in bacon and thread on skewers. Grill until the bacon is cooked

Christmas dinner: For a light start, serve consommé with a flair. Start with canned consommé, dilute with water and add one of the following:

- a tablespoon of medium dry sherry or port
- crumbled cooked bacon and a pinch of curry powder
- chopped prawns and toasted almonds
- grated cucumber and a few drops of lime juice
- finely shredded carrots
- garnish with slices of avocado
- condensed tomato soup and a pinch of nutmeg

With the roast turkey: Serve Cranberry orange sauce or Port wine jelly.

Cranberry orange sauce: Cook 1 lb./450 g. cranberries with 1 lb./450 g. sugar and $\frac{1}{2}$ pint/3 dl. orange juice until the cranberry skins burst. Press through a sieve. Chill in the refrigerator until firm.

Port wine jelly: Dissolve 1 lb./450 g. sugar in $\frac{3}{4}$ pint/4 dl. port wine over gentle heat. Stir in 6 fl. oz./170 ml. commercial pectin. Pour into a jelly mould and chill until firm. Unmould on a glass dish.

Turkey stuffings: Try an original touch this year:

- substitute cooked long grain rice for the breadcrumbs in your usual stuffing recipe
- add dried apricots to bread or rice stuffing. (Soak the apricots in water, then chop finely)
- sauté sliced mushrooms in butter and add to bread stuffing
- add crumbled cooked bacon to bread stuffing
- add Madeira, sherry or apple brandy to chestnut stuffing

For an easy and light Christmas Day supper: Serve cold sliced turkey, Snow frosted ham, which can be made the day before, celery sticks stuffed with cheese, and buttered rolls. Roll left-over turkey stuffing in foil, refrigerate, then slice and serve cold. Take Frozen Christmas pie out of the freezer 15 minutes before serving.

Snow frosted ham: Blend cream cheese with soured cream until spreading consistency. Beat in horseradish, celery salt and black pepper to taste. Spread evenly over a cooked ham. Garnish with whole fresh cranberries and gherkin slices. Sprinkle with coarse salt. Refrigerate until required.

Frozen Christmas pie: Blend $\frac{1}{4}$ pint/ $1\frac{1}{2}$ dl. cranberry sauce with one 8 oz./225 g. can drained pineapple pieces. Stir into 1 pint/generous $\frac{1}{2}$ litre vanilla ice cream. Spoon into a prepared biscuit crumb crust. Sprinkle with chopped nuts. Freeze.

Desserts

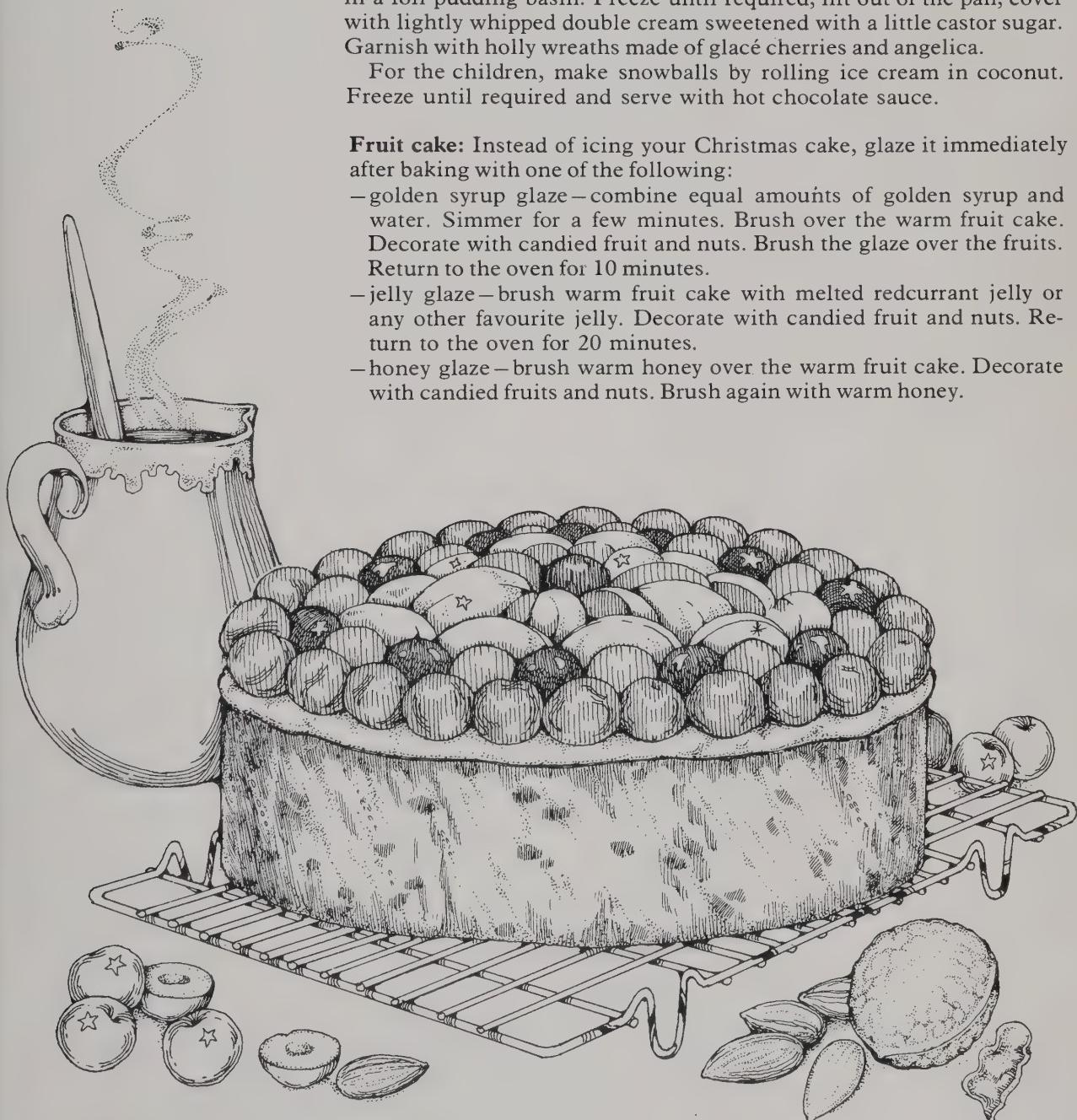
Offer a dessert not quite so rich as well as the traditional Christmas pudding. Try flaming mincemeat over ice cream—heat prepared mincemeat with a little orange juice and brown sugar. Warm a little rum, set alight and pour over the hot mincemeat sauce. Ladle over ice cream and garnish with toasted almonds.

For an easy freezer dessert, add mincemeat to lightly whipped double cream, and alternate layers of plain biscuits and the mincemeat cream in a foil pudding basin. Freeze until required, lift out of the pan, cover with lightly whipped double cream sweetened with a little castor sugar. Garnish with holly wreaths made of glacé cherries and angelica.

For the children, make snowballs by rolling ice cream in coconut. Freeze until required and serve with hot chocolate sauce.

Fruit cake: Instead of icing your Christmas cake, glaze it immediately after baking with one of the following:

- golden syrup glaze — combine equal amounts of golden syrup and water. Simmer for a few minutes. Brush over the warm fruit cake. Decorate with candied fruit and nuts. Brush the glaze over the fruits. Return to the oven for 10 minutes.
- jelly glaze — brush warm fruit cake with melted redcurrant jelly or any other favourite jelly. Decorate with candied fruit and nuts. Return to the oven for 20 minutes.
- honey glaze — brush warm honey over the warm fruit cake. Decorate with candied fruits and nuts. Brush again with warm honey.



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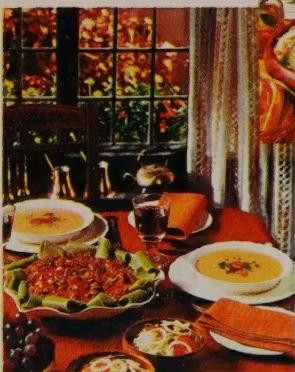
This is one of a series of four books about seasonal cookery. After a brief introduction each book begins with an extremely useful buying guide for the season and contains nearly 100 recipes. There are also menus for hostess specials and party plans and an important chapter on home freezing which enables the reader to take advantage of the best seasonal buys throughout the year.

SPRING



SUMM

AUTUMN



WINTER

